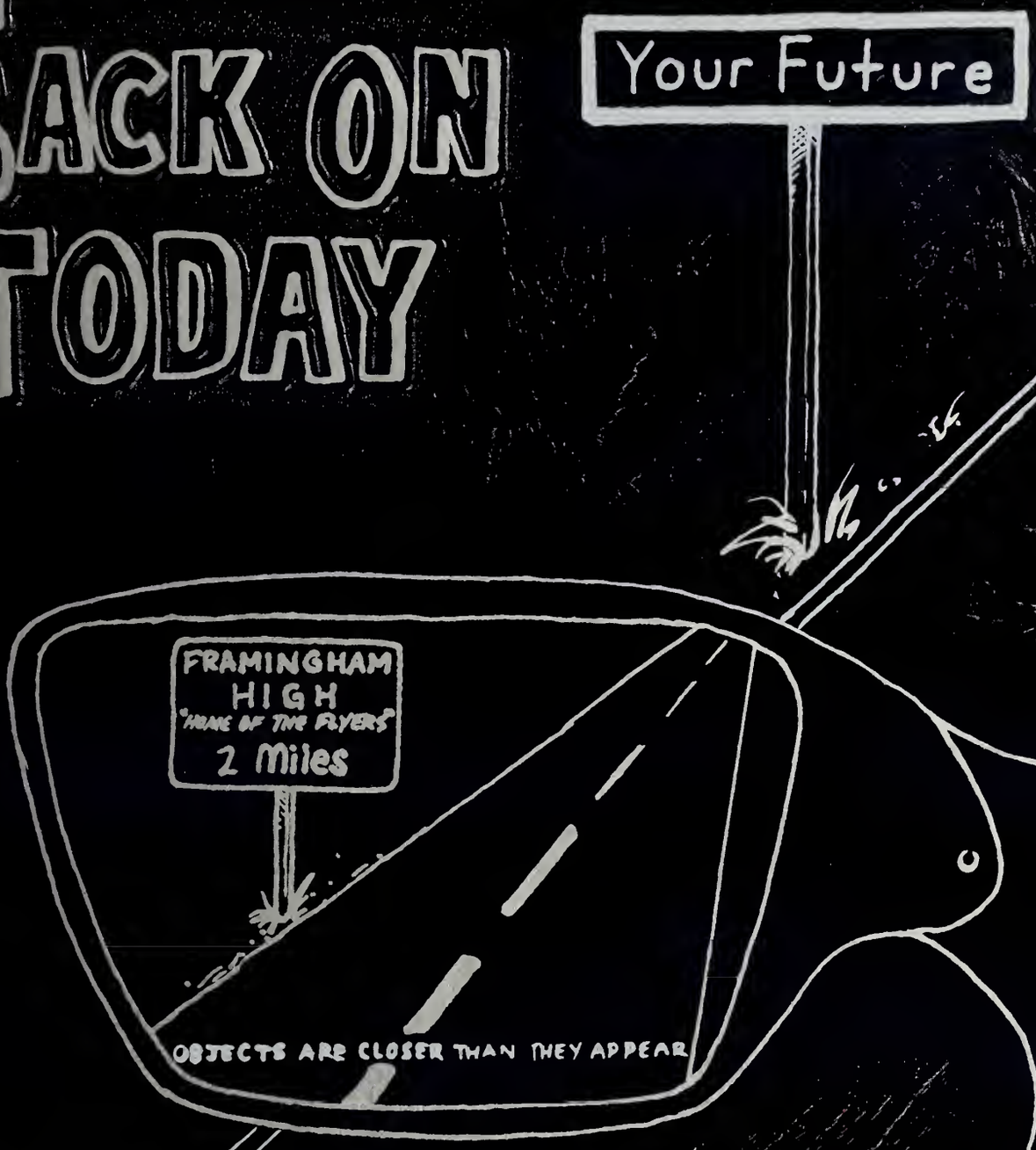
LOOKING BACK ON TODAY



2004

William Betty Monica Cadwin

Whitney Ulrich 2001

Natalie Reams

Nadine Spigel

ERIC

Nicole Stan

Adam VanBuskirk

Rachel Goldweg

Sarah

Hallie

Jenna McIntyre

Danielle Punzogere

Kelli White

Lori Arn

Lauren Camera

Gene Rosenberg

Dan Faranto

Ashley Richwala

Wood

Sarah Delaney

William Ascosando

Matt Leary

Aly Wilensky

Brett Horner

Will Shop

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Max

JEH

PEREZ
2-0

Longoland

Jane Bethke
Elisa Reid
Lauren Matias

Antonella Potai Vertuni

Russell Brayman
Murdoch

Sarah B. Carver
Griffin

Joshua Drake

Bethany Snodgrass
R.A.M.S.
Adrian
Malloy
Danielle Wenhams
#13

Becker
E-BEXIO
MACMILLAN
Ashley Daly

Lynn Cardarelli
Melissa Phan

Cunningham

Alfonso Rojas

Sarah Lukarov

Carlson

Gabriela Murillo

#71

Andrea Bonides

Nicolette Savegau

Jeff Dawson

Rudolph Fernandez

Young

Gina Marotti

Soogun Jung

Matt

Katelyn

Katstein

OT 4C

Looking back on

Yesterday, Today, Tomorrow, Forever.

Framingham High School
115 A Street
Framingham, MA 01701
2004-Genesis, Volume 13

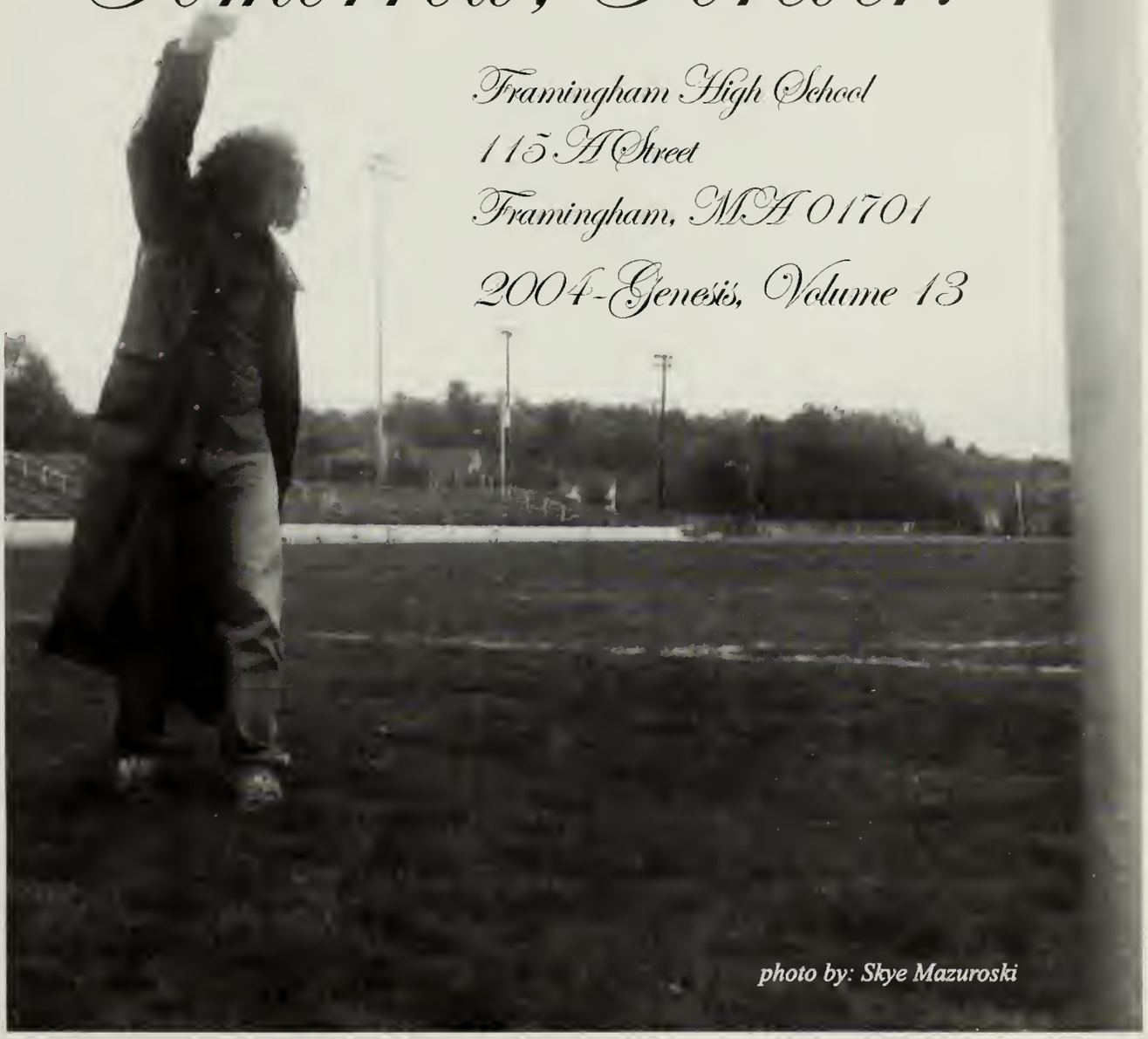

photo by: Skye Mazuroski

FLYERS

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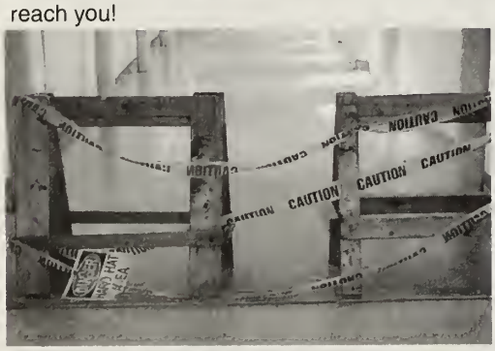
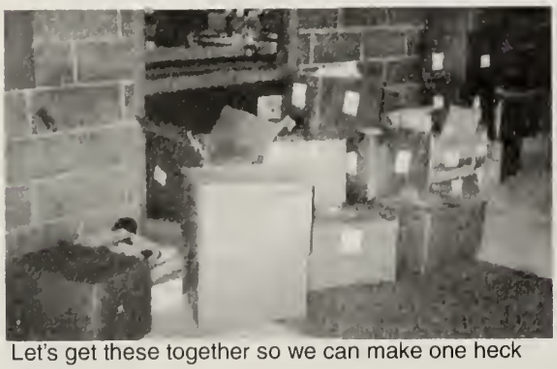
Looking Back on Our School

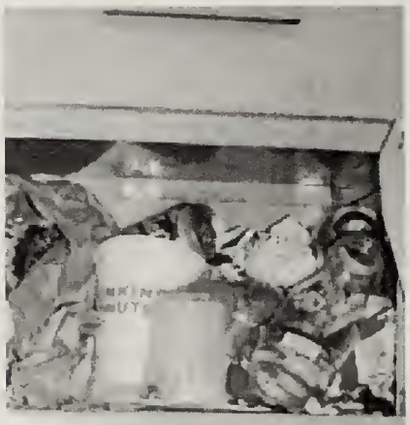
Dirt don't hurt.

Don't worry F-Hall, some day the construction will reach you!

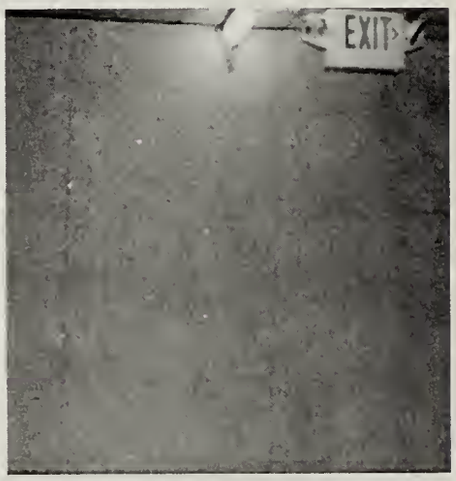




Let's get these together so we can make one heck of a fort.



That's gonna be fun to clean out in June.



D-Hall, we miss you! We didn't really appreciate or know how important you were until you were gone.

And so is this one and this one...

PORTABLE CLASSROOMS

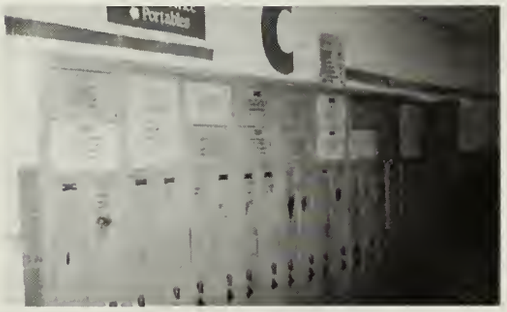
Ew, it's crusty...

Oh, it's shiny!

Out with the old...

In with the new.

Ah, new gym lockers, the odors are endless.

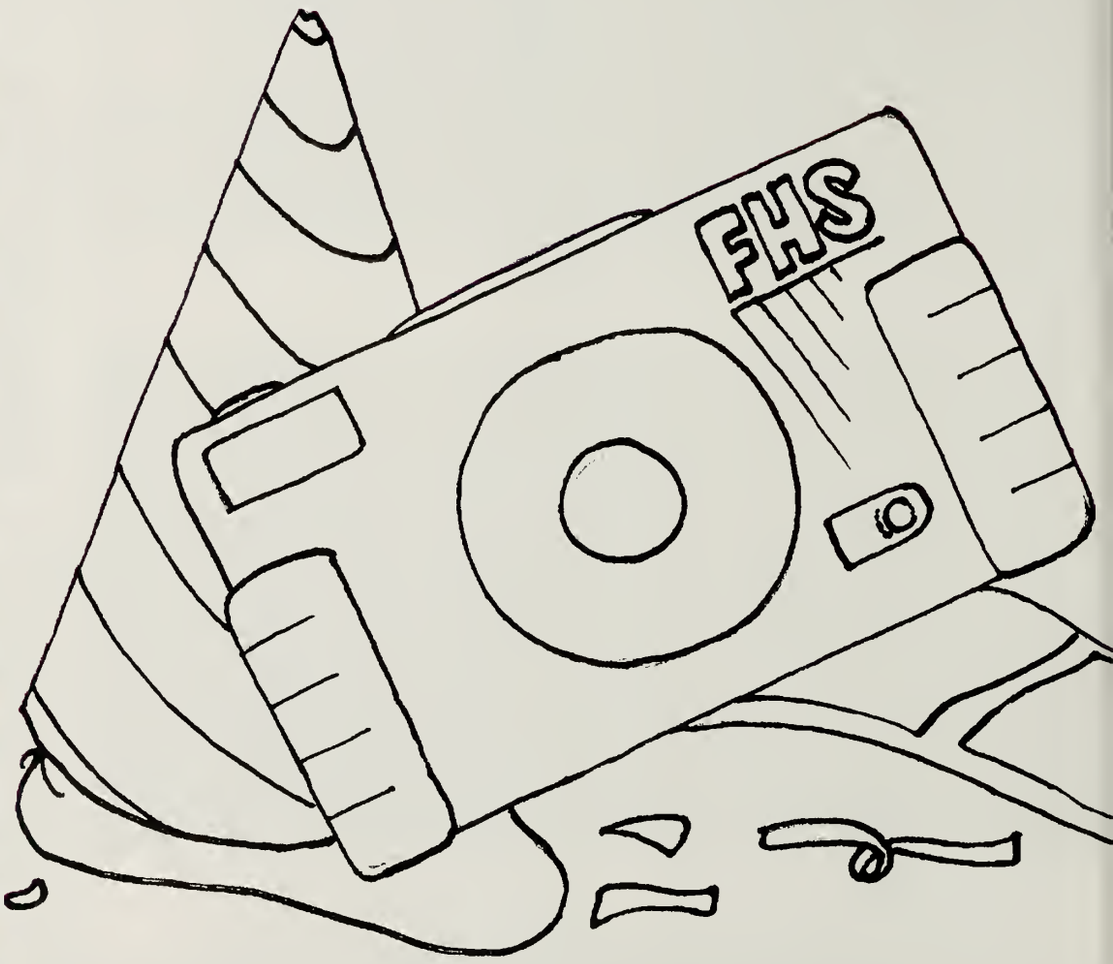


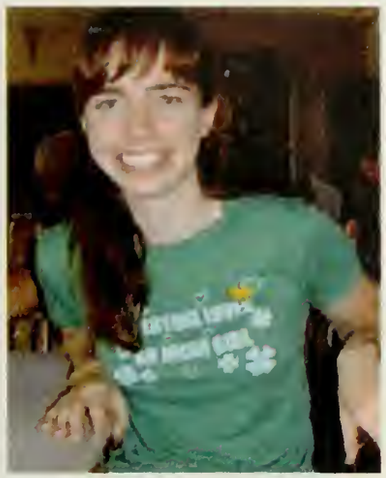
How can lockers even get that dirty?

Old and trashed...

New and trashed.

Mest


FHS



Student Life

Veryfine
juicer

UNICT

SCISSORS

Looking Back on Lunchtime...

We ate WHAT?!

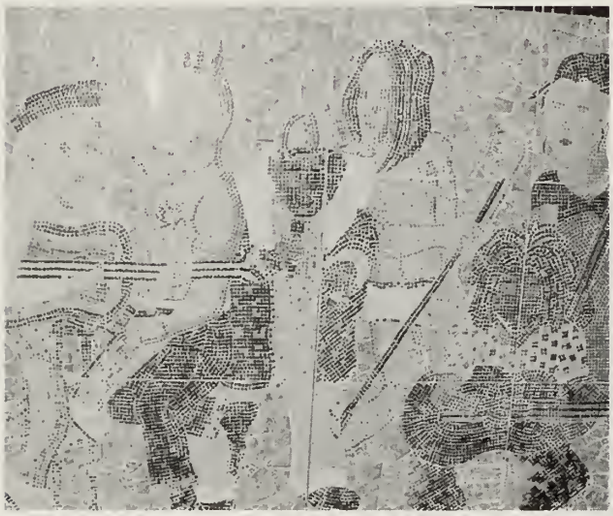
"I think we understand each other in a way that most people can't understand any of us"

"A good friend is hard to find, hard to lose, and impossible to forget."

Flyers Athletes Always Eat Healthy!

FHS Unity

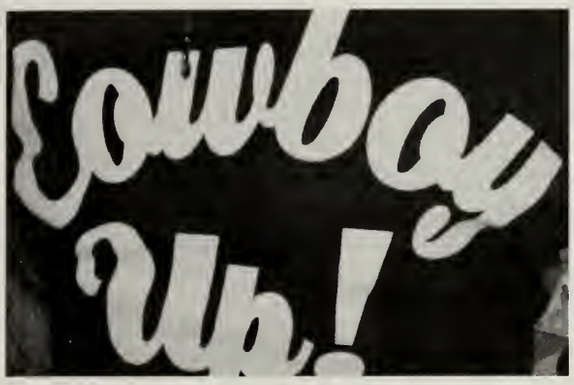
Looking back on our days together



Sarah and Melissa at the TV studio

School Spirit!

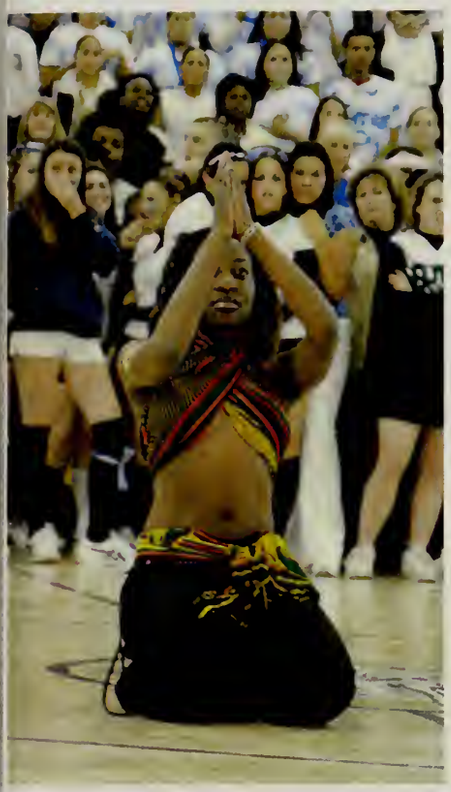
FHS Flyers show their pride



FHS students LOVE the Red Sox!

Blue and White!

The Rally...



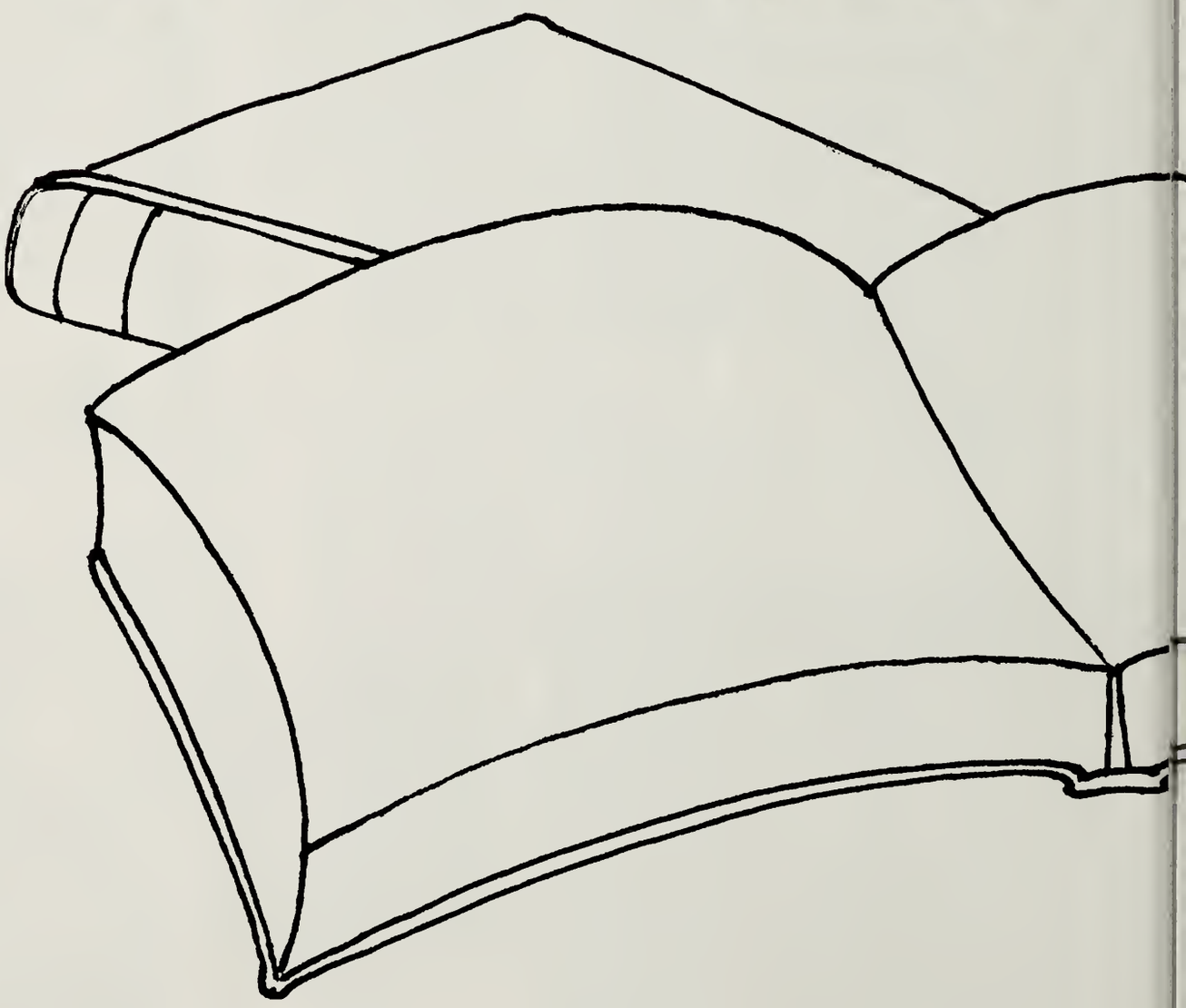
Lou!!!

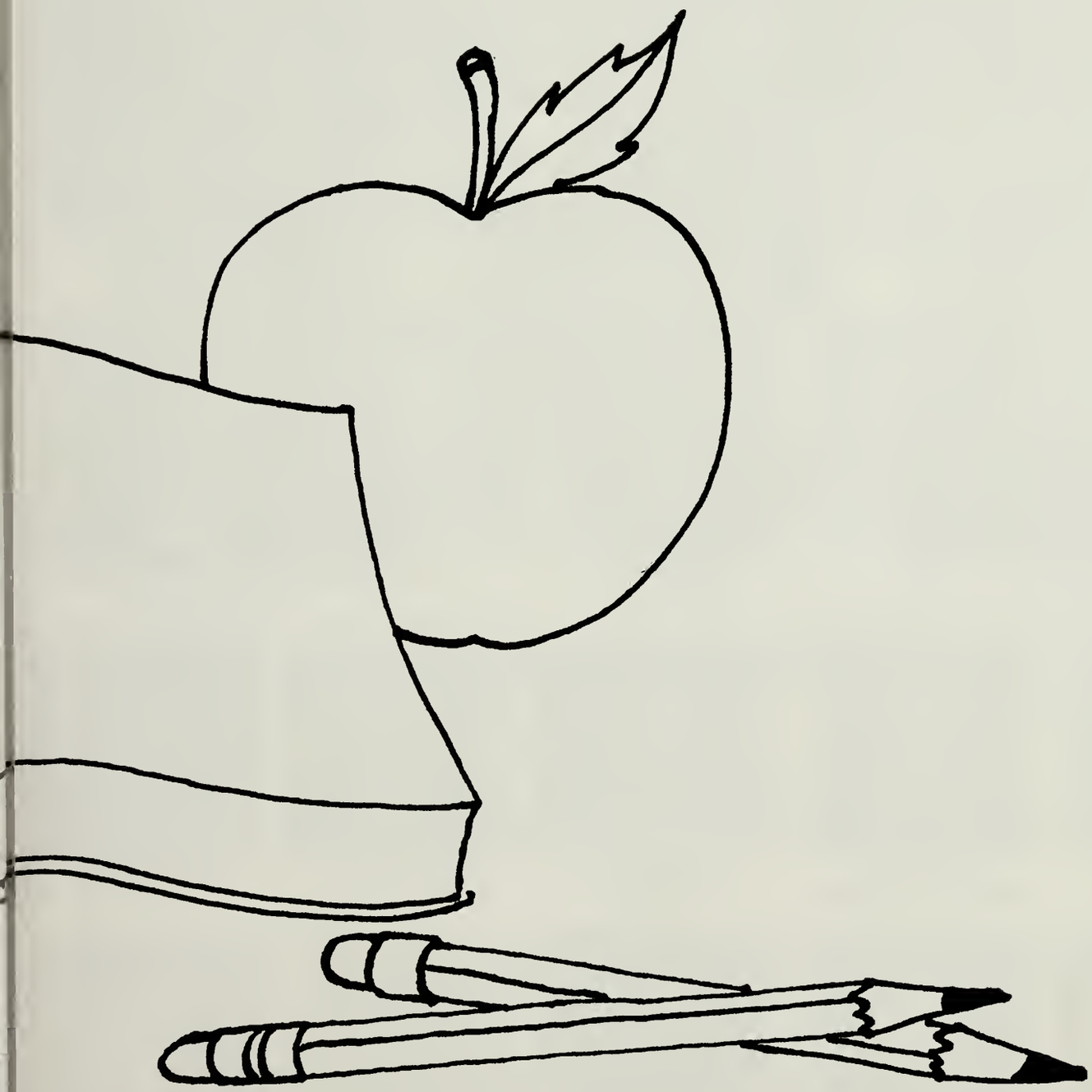
FRAMINGHAM

MONE
'04

16

Faculty





Mr. Ralph Olsen
Principal

Dr. Jacqueline Diggs
12th Grade Vice Principal

Mr. Paul Marshal
Vice Principal

Mr. Ronald Sudmyer
Vice Principal

Mrs. Marianne Martin
Vice Principal

Araceli Adams
World Language

Nicole Adams
History & Social Sciences

Cheryl Aglio
Medical

Dave Agostinelli
Guidance

Louise Allain
Technology Education

Sue Ames
Health & Physical Education

Victoria Anderson
History & Social Sciences

Jeanenne Angelini
Special Education D.H.

Joseph Antonioli
Mathmatics

Stephanie Aronoff
English

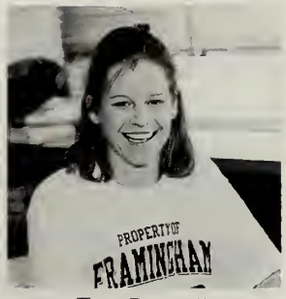
"The administration was always accessible when need be, and they are all really helpful and kind."-KT

Geri Avery
Secretary to the Principal

Kristen Bahrenburg
Mathmatics

Alma Barillas
ESL

Betty Bellantuoni
Computer Center



Tara Bennett
Health & Physical Education

David Bouvier
Technology Education

Shannon Brilliant
Mathmatics

Stephen Bruni
Science

Andrew Bucci
Technology Education

Pedro Carrasquillo
World Language

Heloiza Castellana
ESL

Fabio Castellanos
Guidance

Rebecca Cauchon
Technology Education

Michelle Chouinard
Mathmatics

Michael Clancy
Special Education

Howard Clark
History & Social Sciences

Emily Coates
Science

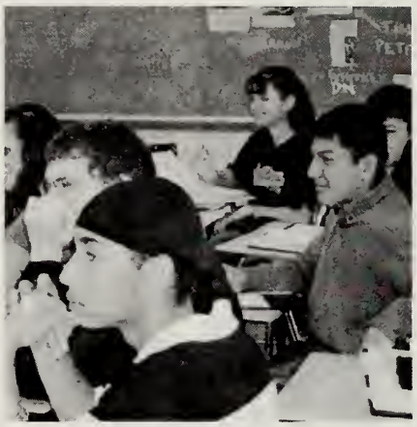
Maureen Cohen
History & Social Sciences

Dale Connearny
Mathmatics

'A' Day to Day 1

The Language of Block Scheduling at FHS

Remember when we used to call each day by letter and each class by number? If you're a senior, you probably do, because we said 'A' Day and not Day 1 for the first two years of our High School careers. Then it all changed. The incoming freshman and graduating seniors couldn't have cared less, but what about the classes in between? WE had to try and readjust ourselves to this new system. WE had no choice but to conform...or did we? We still hear 'A' Day, classes 1, 2, 3, 4, 5 on Flyer News, confusing all those who expect to hear Day 1, classes A, B, C, D, E. We kept it just the way that we liked it until graduation, even if we were the only ones in the school doing it.



Short blocks hold students' attention.

Ms. Cronin starts every day with a warm up.

Jeff Convery
History & Social Sciences

Will Cook
English D. H.

Matthew Corcoran
Science

PHOTO NOT AVAILABLE

Sarah Coveney
English

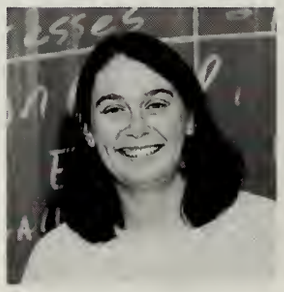
Marilyn Cowan
Medical

Lyn Cron
Special Education

Lisa Cronin
Health & Physical Education

Mindy DaSilva
Support

Denise Dagle
Secretary



Shane Dainoff
History & Social Sciences

Christopher Dangle
English

PHOTO NOT AVAILABLE

Amy Dennent
World Language

Susan DeSimone
Guidance Counselor

Danny Devlen
Technology Education

Joan DiGiulio
ADC

"I don't know what all the fuss was about, I mean, we still said our schedules by 'A' Day and periods 1,2,3,4,5...so it turned out alright."- L.L.

Elizabeth Doherty
English

Gary Doherty
Athletic Director

Emily Donaldson
English

Eugenia Doncov
History & Social Sciences

Long blocks sometimes feel like a great opportunity to nap.

James DuBois
World Languages

Maura Dudley
Mathematics

Kerry Dunne
History & Social Sciences

Barbara Early
Business Education

Kathleen Whalen-Eaton
Guidance Counselor

Steve Eaton
Techology Education

PHOTO NOT AVAILABLE

Laura Enos
Mathematics

Susan Espinosa
Special Education

John Farias
Science

Marci Farias
Family & Consumer Science

Petra Farias
Guidance Counselor

Marilyn Feinberg
World Language

Maria Figueroa
World Languages D. H.

PHOTO NOT AVAILABLE

Christopher Finan
History & Social Sciences

Mike Foley
Health & Physical Education

Movin' On Up: *To Better Rooms*

The renovation began our sophomore year, marked by digging, tearing down and occasional fire alarm fiascos. Now that we have a quasi-finished product in the new A, B and K halls, as well as a new library, wellness center, gym and ADC, teachers and students alike are benefitting from the rebuild. Teachers had to relocate their classrooms several times before things were considered settled. Of course, when one group is moved, others are displaced. Changes will continue until the entire remodel is complete. All of the English teachers were relocated to the Pods, which are temporary, although long-term, portable classrooms. Despite the inconvenience of relocation, teachers and students now working and learning in the new section of the building all agree that the end result was worth the confusion.

Mrs. Cauchon loves her new space in K hall.

Mike Fortune
Health & Physical Education

Kevin Fox
Counselor

Stacey Freda
Health & Physical Education

Lauren Freedman
Science

Jeff Gaglione
Mathematics

Laurie Gagnon
History & Social Sciences

Peter Galamaga
English

Denise Gallagher
Family & Consumer Science

John Gallagher
History & Social Sciences

Beth Garabedian
Mathematics

Eladio "Pa" Garcet
Custodian

William Garretson
History & Social Sciences

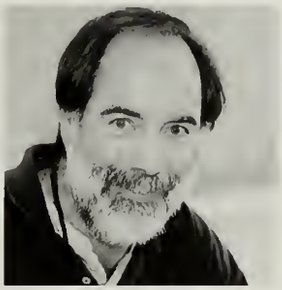
Harvey Gendreau
Science

John Geoghegan
English

Lara Gibson
Health & Physical Education

"To me, moving means 'Closed halls and Longer Walks to Class.' That is pretty much what moving means." - A.M.

Melissa Gleason
Science



Walter Gowey
Mathematics

Students make the best of the un-renovated spaces.

Susan Goyette
English

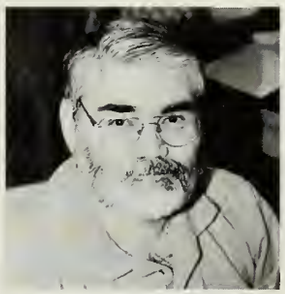
Craig Gratton
Mathematics

Catherine Green
English

Joan Greer
Attendance Secretary

Genoveffa Grieci
ESL

Elizabeth Griffin
English



Thomas Haemer
Technology Education

Coralee "Coco" Halliday
Grade 12 Secretary

PHOTO NOT AVAILABLE

John Halliday
Custodian D. H.

Peter Haviland
ADC

Matthew Heaney
Mathematics

Linda Hendry
Guidance Secretary

Regina Henneberry
English

Annemarie Howes
Medical

PHOTO NOT AVAILABLE

Helen Hull
Metco D. H.

PHOTO NOT AVAILABLE

Katherine Jackson
Science

Kurt James
World Language

I Have to What?

The Saga of the Four Year Plan

Ah, freshman year . . . complete with a freshman schedule. What is a freshman schedule? Well it consists of the five core courses everyone has to take. It also has a year of gym and one choice elective. Sophomore year is a little more flexible, with the same core courses and a semester of gym, a semester of health, and two choice electives. When choosing electives, keep in mind that you need credits in both Practical Arts and Fine Arts in order to graduate. Some may have tested their knowledge on the PSATs while others worked on their school homework, played sports and went to their clubs and jobs. Now, onto what seems like the most difficult year of high school, junior year. This is when we prepared for the SATS, and enjoyed our new-found "upper-classmen" status, and found the freedom of a study. Of course, we still had the five cores, but we had more electives available, too. Some Juniors also became TA's in their favorite courses. And now we are in our Senior Year, our last year! It is filled with college applications, Spirit Week, and studies with privileges. We will soon finish all our credits, celebrate the end of school and enjoy the fulfillment that comes from knowing we have finished our Four Year Plan! Now, we might all be wondering if we have to create a new four year plan at the colleges, universities, careers or armed services we have chosen to enter next year. Good luck, guys!

Ms. Kelley teaches us World Language to fulfill our cores.

Rosemary Jebari
ESL

Martha Johnson
Science

Robert Johnson
Mathematics

Cheryl Jones
World Language

Gene Kapscienski
Special Education

Manjula Sastry-Karamcheti
Guidance Counselor

Paula Kavanagh
Mathematics

Josie Kealty
Fine Art

Kristen Kelley
World Languages

PHOTO NOT AVAILABLE

Janet Kennedy
Athletic Department

Jeanne Kennedy
Secretary

Joseph Kennedy
English

PHOTO NOT AVAILABLE

Mary Ann King
Guidance Counselor

Ann Klein
Library

Carianne Kretz
History & Social Sciences

"I am glad the Four Year Plan was so flexible ... I changed mine frequently." - B.S.

Ronnie Krashes
Science

Gregory Lagan
ESL

Students here are working on creating their Four Year Plans.

Jodie Lake
Mathematics

Dr. Robert Langdon
Science

Christopher Lee
Mathematics

Norma Bauer-Lostaunau
World Languages

Leslie Lemmon
Special Education

Kelly Loughman
Science

Nelson Lucca
Substance Counselor

Linda MacDowell
Support Center

Virgina Magnani
Family & Consumer
Sciences

Kelly Mahoney
Mathematics

Paul Maiorano
Mathematics D.H

Ellen Makynen
Family & Consumer
Sciences D. H.

Janice Manning
Resiliency for Life

Roger McDevitt
Business Education D.H

Al McNeill
English CSLC

Marisa McPherson
English

PHOTO
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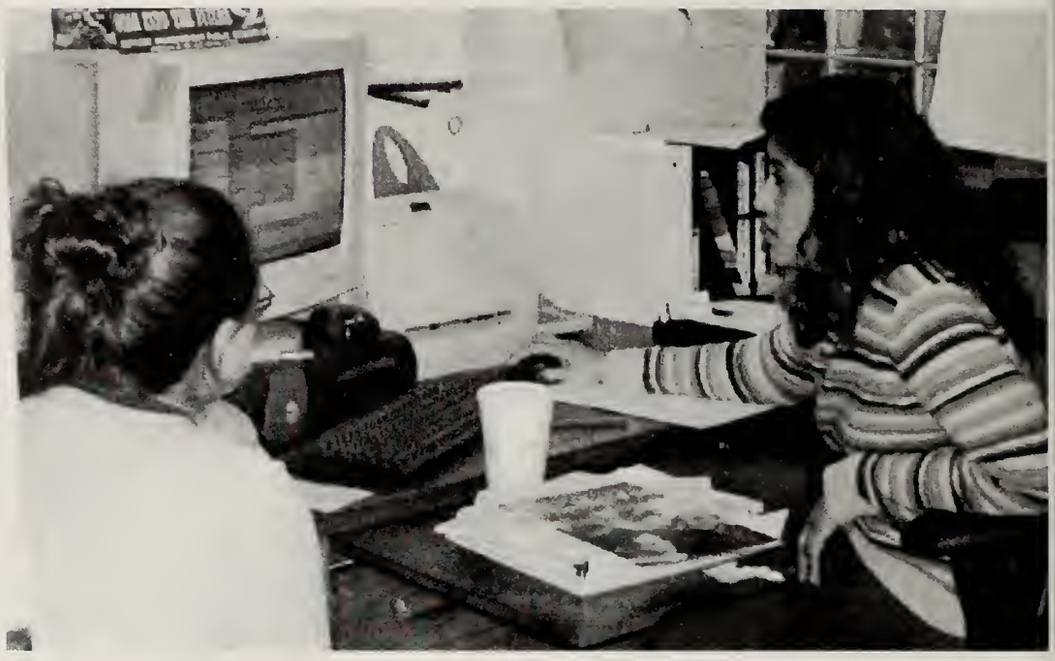
AVAILABLE

Nancy Mendoca
ADC

Choosing Colleges: *Choosing Your Future*

Filling out applications, writing essays, collecting recommendations, filing for transcripts . . . these are a few of the tasks we must complete in the fall of our senior year. With this added pressure, on top of a heavy course load, a senior's last year at FHS can be a roller coaster ride. Thankfully, the FHS Guidance Department has everything a senior needs to be on top of college information. Planning college visits, obtaining teacher recommendation forms and transcript request forms, and filling out applications are all things the friendly staff helps each senior to do. Their warm advice and welcoming manner more helped and encouraged each one of us in preparation for life after our days at Framingham High School. Thank you, Guidance Staff!



Mrs. Karamcheti counsels with coffee close at hand.

Leila Merl
English

Diane Micalizzi
History & Social Sciences

Carol Miller
World Languages

Danielle Millett
World Languages

Sharon Molina
ADC

Shannon Montana
World Languages

Daniel Moore
Fine Arts

Gerald Moss
Science

PHOTO NOT AVAILABLE

Catherine Mundoy
ESL

PHOTO NOT AVAILABLE

Maria Lopes-Murin
ESL

Caherine Murphy
ESL

Dan Nicholson
Fine Art

Ashling O'Neil
English

Bennie Ottaviani
Police Officer

Heather Pacheco
Science

"Number 2 Pencil= $0.45. Spiral Notebook = $1.59. No Line at Guidance = Priceless." - S.R.

Kendra Pavlik
Science

Jannell Pearson
Special Education

Mrs. Ward lends an ear to Mr. Castellanos in the Guidance offices.

George Perrone
Fine Arts D. H.

PHOTO NOT AVAILABLE

Bill Phillips
Resource Center

Paul Piantedosi
Family & Consumer Sciences

Karen Powell
English

Erin Powers
History & Social Sciences

James Quinn
Mathematics

Jessica Quinn
Science

Richard Rebecchi
Technology Educataion

Sarah Redbord
Mathematics

Bernard Redgate
Computer Center

Natalie Reed
ESL

Sommer Jones-Riolo
Techology Education

Jane Rizzitano
World Languages

PHOTO NOT AVAILABLE

Rebecca Robbins
Bridges

Elsie Robblee
Secretary

Frank Rothwell, D.H.
History & Social Sciences

Catherine Rubeski
World Languages

On a Roll:

The Trials and Tribulations of Cart Teachers

The school renovation has caused many inconveniences for faculty and students alike. We have all had to sacrifice in small ways in order to ensure that our little brothers and sisters have a better place to learn. No one has it worse than the new species of instructor that has evolved during construction: The Cart Teacher. Shared rooms, displaced departments and closed halls have caused some teachers to be room-less. In order to instruct us, they pile all of their necessary materials onto a cart and attempt to wheel it down the hallways (which are usually packed to the brim with students). They seem to make the best of it - and we all enjoy being able to reprimand our teachers for coming late to class once in a while!

Ms. Gagnon's cart personalization.

Mr. Zanella doesn't have a cart, but he uses several rooms.

Kevin Salvi
ADC

Lourdes Santos
ESL

Dana Schmidek
Psychologist

PHOTO NOT AVAILABLE

Arlene Schrager
Special Education

Daniel Seeley
Science

Elaine Shapiro
Library

PHOTO NOT AVAILABLE

Ken Shifman
Technology Education

Daniel Sirpenski
Science

Sally Smith
Athletics

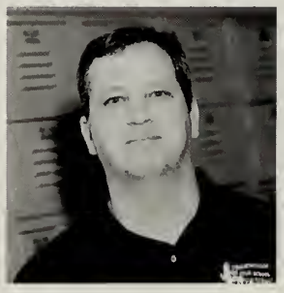
Sean Smith
History & Social Sciences

Thomas Soisson
Science

Roberta Souza
ESL

Alicia Sovas
English

Ellen Sowa
Health & Physical Education



Mark Spillane
ESL

"I have a cool cart. I even had a personalized balloon attached to it in the beginning of the year." - L.G.

Emily Stanton
English

PHOTO NOT AVAILABLE

Julie Stanton
Mathematics

Ms. Gagnon likes her cart because it keeps her organized.

Jeffrey Sudmyer
History & Social Sciences

Lori Sullivan
Mathematics

Michael Tarlin
English

Paul Thorp
Science D. H.

Maureen Tofani
Secretary

Cynthia Villanueva
ESL

PHOTO NOT AVAILABLE

Lorraine Wales
F&C, TechEd, WL

Richard Walcek
Guidance Counselor D. H.

PHOTO NOT AVAILABLE

Omari Walker
Resiliency for Life

Karen Ward
Guidance Secretary

PHOTO NOT AVAILABLE

Josephine Webster
Computer Center

Susan Whittaker
English

Bonnie Will
History & Social Sciences

PHOTO NOT AVAILABLE

Margret Williams
Library

Todd Witherow
Science

Donna Wresinski
Fine Arts

Karen Yang
Mathematics

Eugene Zanella
Health & Physical Education

Academic Life at FHS

FHS is a good place to grow as an artist.

Class is more interesting when you have a good group of students to learn with.

Will he be majoring in Forensic Science?

Is "Lunch" considered an academic subject?

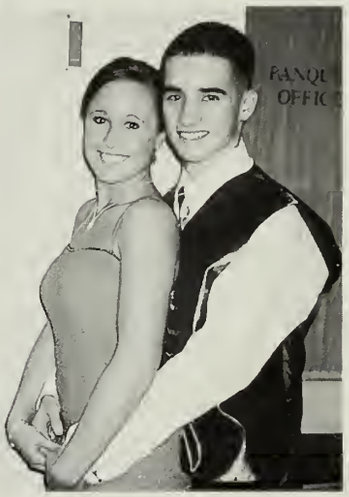
It's awesome when classmates can help each other.

The library is always the best place to study.

SENIORS
2006

Ring Dance

Cotillion



Blue and White Day

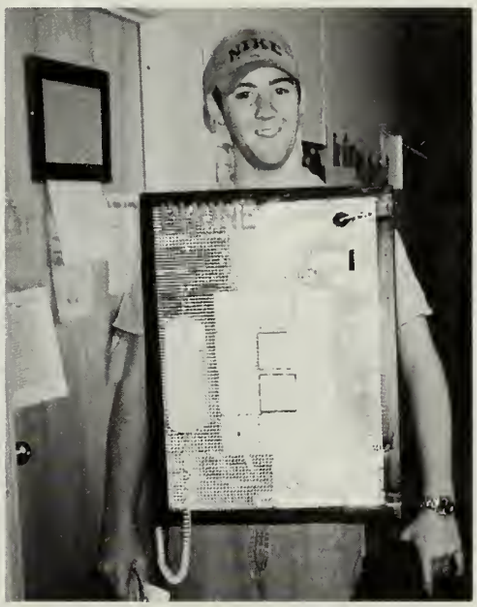
Celebrity Day

BLUE DEVILS

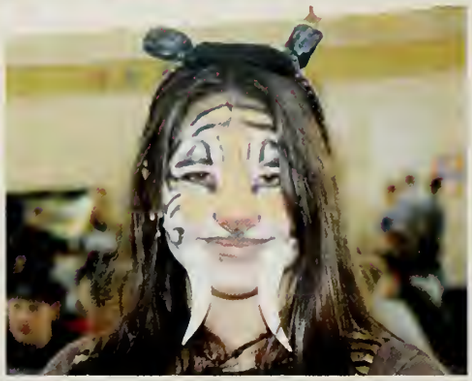
SENIOR
04

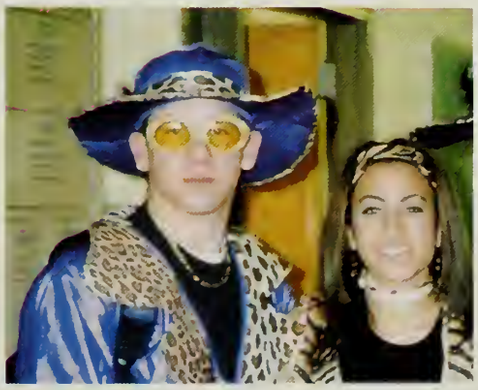
FERS

MUSTARD
MUSTARD



Decade Day





Halloween

Ryan Abelli

"What lies behind us and what lies before us are small matters compared to what lies within us." -Ralph Waldo Emerson

Jonathan Adamson

Alain Akasa

"Oh my"

Braden Allchin

"You know, sometimes I amaze even myself." -Han Solo

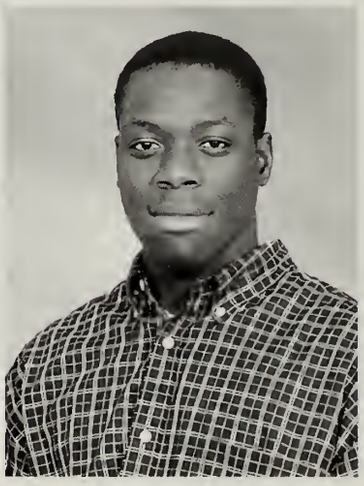
Lori Anderson

"The most beautiful things cannot be seen or even touched, they must be felt within the heart." -Helen Keller

Christina Antonio

"Don't blink everyone's watching/ They'll think you're up to something." -Dashboard Confessional

Emily Arsenault



Michael Asum

"Learn from yesterday, live for today, hope for tomorrow."

Sarah Bablouzian

"Life is a daring adventure or nothing." -Helen Keller

Felicia Bailote

"Sometimes life is what you hoped it'd be... But sometimes it's better than you ever expected."

Heather Barbieri

"When on the ladder of success, don't let boys look up your dress!"

Jonathan Barillas

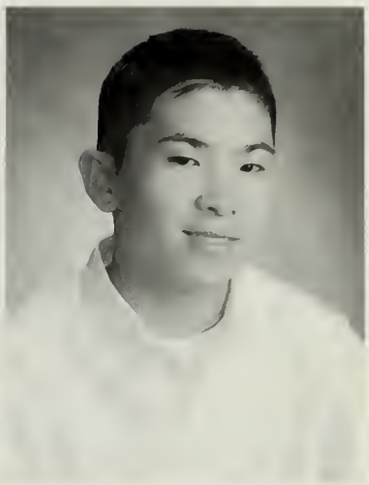
"See, everything goes through change/ Those you know don't talk, and those who talk don't know a thing." -Naz

Keri Barnum

"It's all right to have butterflies in your stomach. Just get them to fly in formation."

Nayden Barri

"All I have in this world is my balls and my word and I don't break them for no one."
-Tony Montana



Peter Barry

"Only those who have gone too far can truly know how far one can possibly go."

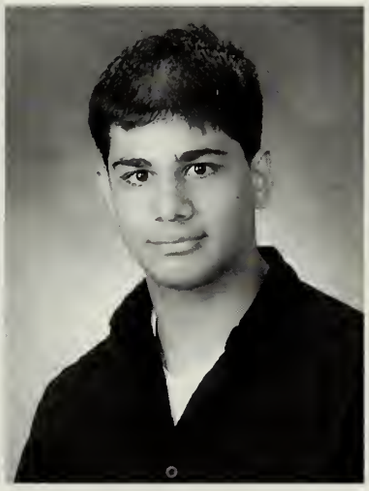
Lenz Bayas

"It is imperative that you start and finish a task to the best of your ability."

Andrea Bayides

Eric Becker

"They say stop writing your battle rhymes & free style more/ I just smiled & thought 'that's what I freestyle for.'" -Juice



Divij Bhatia

"Dream as if you would live forever, live as if you would die tomorrow."
-James Dean

Amy Bobrick

"You can do what you have to do, and sometimes you can do it even better than you think you can." -Jimmy Carter

Christopher Bott

"Don't take life too seriously... You'll never get out alive... Write that down." -Van Wilder

Ronna Boyer

"Save your friends/ Hate your enemies/ Speak the truth/ Find your place." -Kurt Cobain

Jennifer Brewer

Nicole Brody

"The future belongs to those who believe in the beauty of their dreams."
-Eleanor Roosevelt

Caitlin Bullock

"If I am going to spend eternity visiting this moment and that, I am grateful that so many of these moments are nice."
-Kurt Vonnegut

Stephen Bullock

"Follow your heart, chase your dreams."

Yudelka Cabrera

"In three words I can sum up everything I've learned about life: it goes on."
-Robert Frost

Monica Cadime

"Learn from yesterday, live for today, hope for tomorrow."

Laura Camerato

"Just know you did it all the best that you knew how."
-Saves The Day

Abbey Capobianco

"Beginnings are scary. Endings are usually sad, but it's the middle that counts the most."

Lynn Cardarelli

"Let's toast the night away to friends, and forget about tomorrow."
-New Found Glory

Tiana Carle

"I cannot be defined and I cannot be replaced. I cannot understand why anyone thinks they know me by my face."

Mayaan Carmi

"The only person I am in competition with is myself."

Carolyn Caruso

"Go confidently in the direction of your dreams. Live the life you have imagined."
-Henry David Thoreau

Jeffrey Cashman

"Samsonite, I was way off. I knew it started with an 's' though."
-Dumb and Dumber

Robert Centore

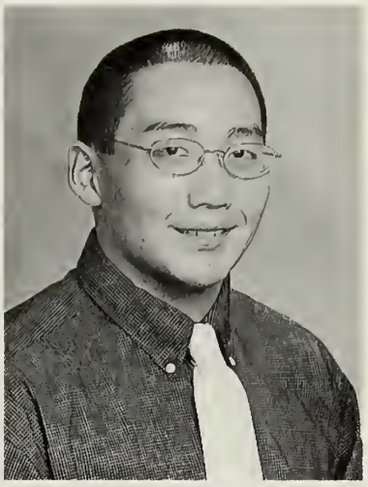
"You can't direct the wind but you can adjust the sails."

Jennifer Chen

"What lies before us and what lies beyond us is tiny compared to what lies within us."

Tammy Chen

"What you learn in life doesn't matter as much as what you learn from life."



Ming Cheung

"Bad things happen every single day. If you let them get you then what is the point of living?"

Nicholas Cho

Tina Cicciu

"You can't see the world through a mirror."
-Avril Lavigne

Icaro Coelho

"A life without goals is like a race without a finish line."
-Unknown

Amanda Coffey

"My mom's quote was 'the road to success is under construction.' Mine is 'the road to success is now open.'"

Andrew Collie

"SRUNGCHANGE!"

David Condry

"Now then let us celebrate through the adding of chocolate to milk."
-Simpsons

Paul Copithorne

"Float like a butterfly, sting like a bee/ Rumble, young man, rumble."
-Muhammad Ali

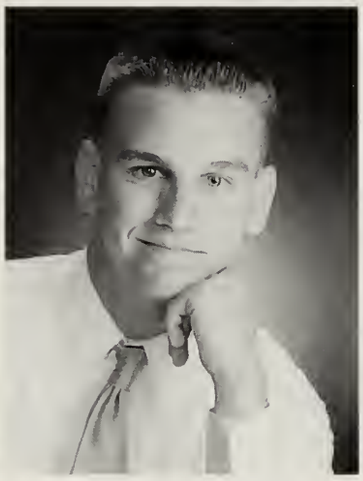
Andrew Cordes

"The great end of life is not knowledge, but action."
-Aldous Huxley

Dagoberto Corrales

Sarah Craver

"Happiness is a journey, not a destination."
-Souza



Andrew Crea

"Every day is punctuated with endings. Recognizing that they are just that and moving through them gracefully adds balance to our lives."

Rachael Crowley

Jamie Cucalon

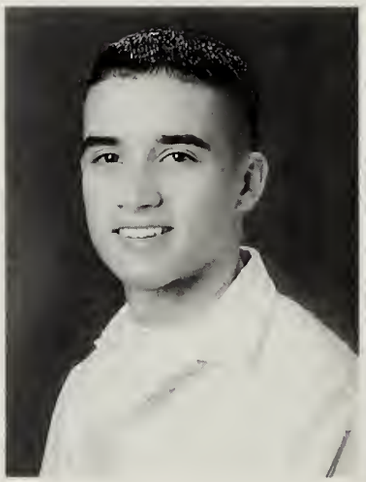
"Quien no espera vencer, ya esta vencido."

Caitrin Cunningham

"And as we stand upon the ledges of our lives/ it's either sadness or euphoria."
-Billy Joel

Filipe da Silva

"I have looked inside myself and found my true passions...Most importantly I have gone to war with myself and survived."



Jonatas da Silva

"I don't know the key to success, but the key to failure is trying to please everybody."
-Bill Cosby

Ashley Daly

"Sometimes life is a little like toast. It can be burned, it can come with butter or even be French." -BPL

Duane Danforth

"If I had to do it all over again, I would do it the same damn way."

Alexandra Davis

"The world's a roller coaster/ and I am not strapped in/ maybe I should hold with care."
-Incubus

Sonya Dayn

"Your life is yours alone. Rise up and live it."
- Terry Goodkind

Ricky Delahanty

"Ask him the question that is on everyone's mind: how does he continue to live the way we did back then & survive?"

Toni Del Prete

"The only people you need in your life are the people who need you in theirs."

Sarah Deloury

"Twenty years from now you will be more disappointed by the things you didn't do than by the things you did do... Explore. Dream. Discover." -Mark Twain

Natalia DeMoura

"The future has not been written. There is not fate but what we make our ourselves." -Terminator 3

Danielle Denham

"Life is a dance, so keep smiling and have fun."

Elizabeth Denham

"I may not have gone where I intended to go, but I think I have ended up where I intended to be." -Douglas Adams

Jacqueline Derosa

"Dream as if you'll live forever... Live as if you'll die today." -James Dean

Rocco DeVito

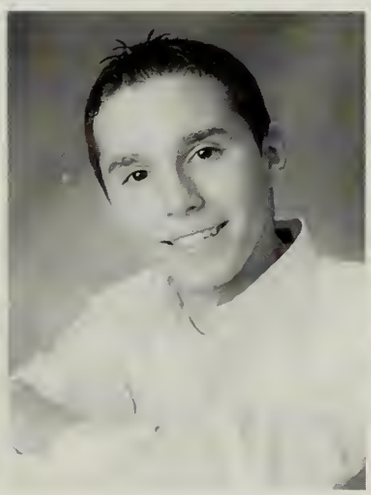
"You are what you repeatedly do. Excellence, then, is not an act, but a habit." -Aristotle

Breno do Carmo

"One seventh of your life is spent on Monday."

Eric Doody

"Go confidently into the direction of your dreams. Live the life you've imagined." -Henry David Thoreau



James Doucette

"This Douce played with a full deck and will continue until the game of life is set."

Brian Doyle

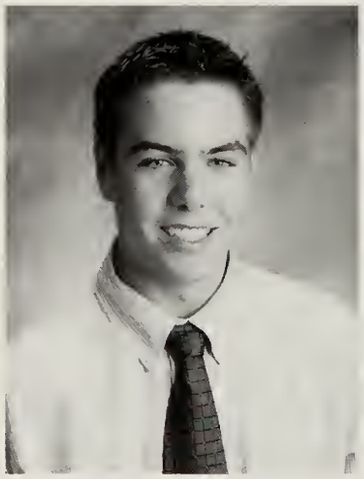
"A ship in the harbor is safe, but that's not what ships were made for."

Joshua Druker

"You will miss 100% of the shots you do not take."

Hadar Duek

"Life is a road and I wanna keep going. Love is a river I wanna keep flowing. Life is a road now and forever. Wonderful journey." - Anastasia



Bryan Dugger

"If the bear is hungry, he will eat." - G.V.

Yulia Dushkina

Katherine Eckels

"Dream big."

Stephanie Ellis

Kelisha Encarnacion

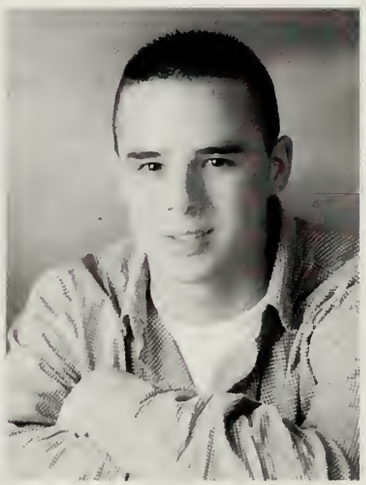
"True friends stab you in the front." - Oscar Wilde

Alejandra Escobar

"Whatever women do they must do twice as well as men to be thought half as good. Luckily this is not difficult." - C. Witton

Nkaepe Ette

Jared Evelyn



Zachary Fabbri

"Worrying is like a rocking chair. It gives you something to do, but it doesn't get you anywhere." - Van Wilder

Nadine Fanous

"Be more concerned with your character than your reputation."

Gregory Fay

"Oh, God! Did you eat all this?" - Raoul Duke

Anabell Fedorko

"If you can't make it better, you can laugh at it." - Erma Bombeck

Joel Felcher

"Its all gravy."

Dena Feldman

"You can't leave footprints in the Sands of Time by sitting on your butt, and who wants to leave buttprints in the Sands of Time?" - Anonymous

Auri Fernandez

"I look like an angel and act like one too ... But you never know what this angel might do!"

Edwin Fernandez

"The way to do is to be." - Laozi

Hallie Filreis

"Sometimes there are no time outs, no second chances. Sometimes it's now or never."

Anastasia Finn

"Scars heal, glory fades, all we're left with are the memories made." - Chris Cagle

David Finstein

"And in the end, it's not the years in your life that count. It's the life in your years." - Abraham Lincoln

Amelia Fischer

"No one knows what makes the soul wake up so happy. " - Rumi

Sara Fisher

"It's better to be hated for who you are then to be loved for who you are not."

Scott Flanagan

Christopher Flood

"If you're giving in, then you're giving up." - Smashing Pumpkins

Alexia Flores

"Action may not always bring happiness; but there is no happiness without action." - Benjamin Disraeli

Sarah Fowks

"When we come to the last moment of this lifetime, and look across it, the only thing that's going to matter is the quality of our love." - R. Bach

Eric Frackleton

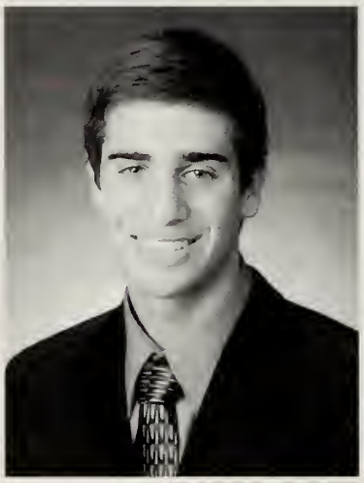
"Nothing that happens is ever forgotten even if you can't remember it." - *Spirited Away*

Yolanda Frederick

"Good friends are hard to find, harder to leave, and impossible to forget."

Carlos Freitas

"Live everyday like there will be no tomorrow." - Fedido



Gregory Fulchino

"... to know even one life has breathed easier because you have lived. This is to have succeeded." - R.W. Emerson

Rachel Funk

"To thine own self be true." - Polonius, Hamlet, I. iii 78

Am Cecil Fuoti

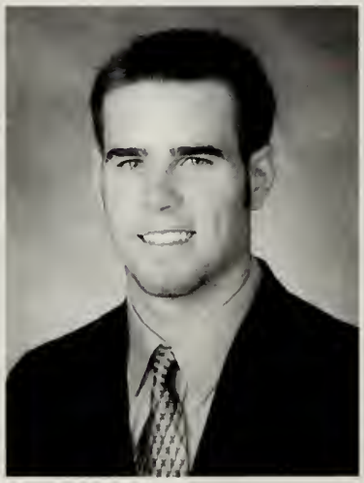
"Life is not measured by the breaths you take, but by the moments that take your breath away."

Elsy Galan

"When I find myself fading, I close my eyes and realize my friends are my energy." - Anonymous

Ashley Gallagher

"Time, don't let it slip away, raise your drinking glass, here's to yesterday." - Aerosmith



Tim Galligan

"And so I learned, that the saddest thing in life is wasted talent and the choices we make will shape our lives." *A Bronx Tale*

Patrick Galluzzo

"Tough times fade; tough people don't." - Walter Payton

Kristin Gannon

"If you obey all the rules, you miss all the fun." - K. Hepburn

Jillian Generazio

"Any experience, good or bad, is worth going through; long as you take some knowledge away from it with you."

Kristin Gerard

"If you don't like something, change it; if you can't change it, change the way you think about it."

Kartik Ghorakavi

"If they give you ruled paper, write the other way."
- e.e. cummings

Kathryn Gilbert

"I get by with a little help from my friends." - The Beatles

Ian Glendon

Janelle Glynn

"You can pick your friends, you can pick your nose, but you can't pick your friend's nose."

Amanda Gochros

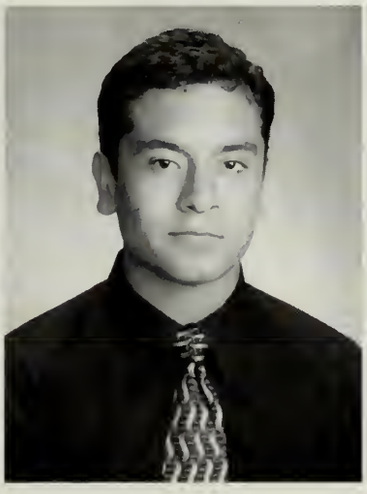
"Favorite people, favorite places, favorite memories of the past, these are the joys of a lifetime ... Things that last."

Michael Goldman

"If you can dream it, then you can do it, because tomorrow's horizons are here today." - EPCOT Center "Horizons" '83-'99

Rachel Goldweitz

"Someday when we reminisce, we'll realize there wasn't much we missed. Through the tears, we'll recall, for four years we had it all."



Andres Gomez

"Wherever you are, be there."

Ana Gonzalez

"Life isn't what you make it. Life is what you strive for."
- Viotis Thomas

Jillian Goodwin

"It's something unpredictable, but in the end its right. I hope you had the time of your life." -Greenday

Sara Gorman

"Back to school! To prove to Dad that I'm not a fool. I got my lunch packed, my boots tied tight, I hope I don't get in a fight!" - *Billy Madison*

Aaron Graham

"Appreciate love, never mind hate."

Christine Gravallese

"We are not the same person this year as last; nor are those we love. It is a happy chance to love a changed person."

Laura Greenslit

"Always be at ease but never be satisfied." - Ashton Kutcher

Sarah Groppo

"You're on your own and you know what you know. And you'll be the one who'll decide where you'll go. Oh, the places you'll go." - Dr. Seuss

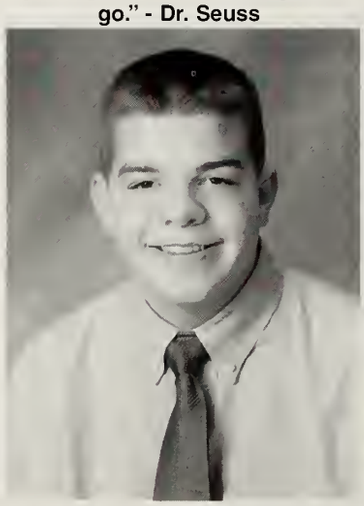
Lynn Guarino

"Looking back, she just laughs." - Elton John

Jill Habelow

"Today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope."

Jaymie Haley



Michael Hall

"Get busy living, or get busy dying." - Andy Dufresne

Michael Handis

"If I don't see ya, keep on truckin'." - Will Ferrell

Kevin Hanlon

"Champions are willing to do what others are not."

Christine Hanzis

"No love, no friendship can cross the path of our destiny without leaving some mark on it forever."

Erik Harris

"The choices you make now will effect your future forever."

Tanisha Harris

Caitlin Hartigan

Mark Hartry

"When a defining moment comes, you either define the moment, or the moment defines you."

Shana Hayes

"There's a world out there, bigger than prom and bigger than high school." - *Never Been Kissed*

Lauren Hendry

"In a world where you can be anything, be yourself."
- Anonymous

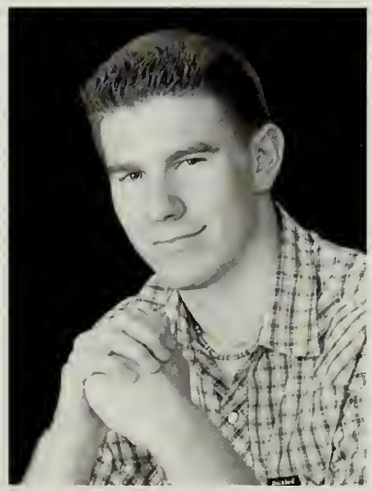
Blanca Henkle

Erick Hernandez

"Before you master the fish, you must master the bait."

Maya Herscovici

"You live, you learn. You crash and burn. It's hit or miss, and that's the way it is."
- JoDee Messina



Alexander Higgins

"Take care of your cologne and your cologne will take care of you." - Mark, Blink 182

Megan Hildreth

"Always be happy, never be satisfied."
- Anonymous

Erin Hines

"All you have for sure in life is your own life and it's never over until its over."

Steven Hochstadt

Mark Holtsbery

Lindsay Horowitz

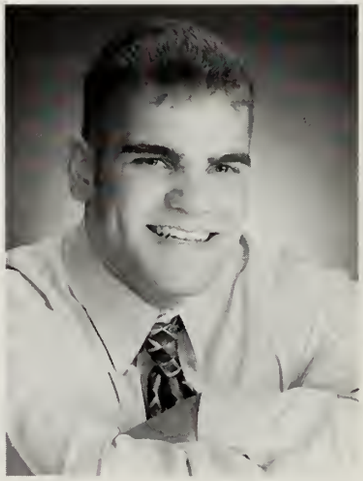
"We are the heroes of our own story."

Kacha Houf

"Being grown up isn't half as fun as growing up. These are the best days of our lives." -The Ataris

Brett Hovanec

"Life is like a cigar, sometimes it's lit, and sometimes it goes out. But in the end it's pure satisfaction."



Daniel Hoyland

"... It's hard being a full time chick magnet."

Anthony Huber

"The secret to happiness is simple, we become what we think about." - Earl Nightengale

Joseph Iodice

Soo Jung

Danielle Jusseaume

"If you look back on life, good or bad memories, and don't get tears in your eyes, you've wasted your time." - Ally McBeal

Robert Kaitz

"Work hard, play often, and live in love." - Stuart MacFarlane

Rachel Kanner

"What I want is what I've not got, and what I need is all around me." - Dave Matthews Band

Julie Katz

"Hold onto your dreams, though they seem far away, and these dreams will come through, somehow, someday."

Jonathan Kaufman

"When you go out into the world, watch out for traffic, hold hands, and stick together."
- Robert Fulghum

Ashleigh Kay

"Love, and do what you like."

Eric Kaye

"Unfreakinbelievable."

Natalie Kearns

"The play is done; the curtain drops, slow falling to the prompter's bell."
- W. M. Thackeray

Alison Kelley

"Man, I don't know where the time goes. But it sure goes fast, just like that."
- Kenney Chesney

Marisa Kenney

Shannon Kerr

"It's the friends you can call at four a.m. that matter."
- Marlene Dietrich

Daniel Kessler

"It isn't necessarily the situation that matters; it is how well you handle that situation that matters."

Atul Khare

"People shouldn't live to work all their lives; people should work to live their lives."

Kiyana Kianfar

"Hard work pays off."

Joe Kidawski

"I spend my days like a cat, slowly getting up to do something, only to realize I've fallen back asleep." - Joe

Laura Klein

"In a world where you can be anything, be yourself."

Nathan Klein

"Search others for the virtues, thyself for the vices."
-Ben Franklin

Jared Kloeblen

"It's not that I'm lazy; it's that I just don't care."
-Office Space

Kendra Knapp

Kelly Knox

Stuart Koltov

"Worrying is like a rocking chair, it gives you something to do, but never gets you anywhere." - Van Wilder

James Komola

"Duct tape is like the force. It has a light side, a dark side, and it holds the universe together." - Carl Zwanzig

Vanessa Kotob

Hayley Lacis

Shannon Lambert

"Ah Ah Ah Ah stayin' alive, stayin' alive, Ah Ah Ah stayin' aliiive..."- Bee Gees

Siobhanna Lane

"The secret of success is to know something nobody else knows." - Aristotle

Trude Langeland

Andrew Lapidas

"Don't take life too seriously. You'll never get out alive, anyway."

Kevin Lau

"Opportunities multiply as they are seized." - Sau Tzu

Danielle Lawson

"I may have a reckless streak at least a country mile wide, if you're gonna run with me it's gonna be a wild ride."
-Tim McGraw

Timothy Lawton

"Good Timber does not grow with ease, the stronger the wind the stronger the trees."
-Willard Moarriot

Colleen Leach

"Life moves pretty fast. If you don't stop and look around once and a while you might miss it." - Ferrris Bueller

Matthew Leary

"Life moves pretty fast. If you don't stop and look around once and a while you might miss it." - Ferrris Bueller

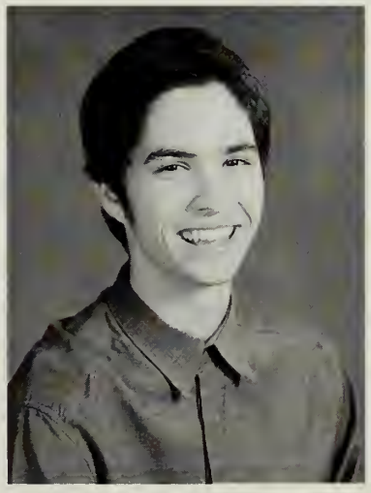
Minwoo Lee

Amy Leichter

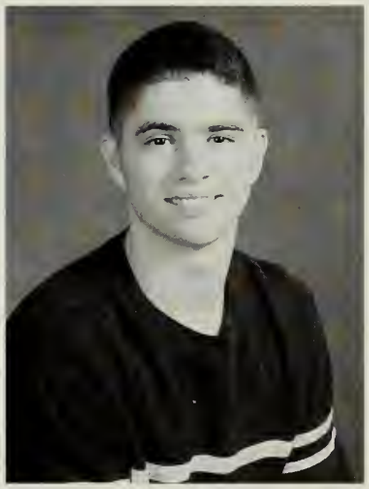
"Will you be my best friend if I offer you my heart? 'Cause it's already yours..." - The Ataris

Stacy Lemeshow

"Life's a bowl of punch- - spike it!"



Brian Leonard



Christopher Leonard

"When in doubt, tell the truth."
-Mark Twain

Lawrence Lewis

"There's ice and there's powder but either way I'm here doing what I love."

Ashley Lichwala

"Sometimes there are no time outs, no second chances, sometimes it's now or never."

Laura Litman

"Stop sitting there with your hands folded, looking on, doing nothing: Get into action ... You have to do it." - Eileen Caddy

Andrew Lok

"Creatures are not born with desires unless satisfaction for these desires exists." - C.S. Lewis

Cesar Lopez

"Tell me what is better; a lie that draws a smile or the truth that draws a tear? You decide."

Keila Lopez

"A person who wants nothing will be invincible, if they follow their dreams." - Tupac Shakur

Jessica Lowenthal

"If love is a labour, I'll slave to the end."

Sarah Lukianov

"Don't you worry, sometimes you've just got to let it ride." -The Eagles

Eliayne Luperon

"Throw your dreams into space like a kite and you do not know what it will bring back, a new life, a new friend, a new country."

Sara MacDonald

"To make an end is to make a beginning. The end is where we start from." - T.S. Elliot

Nicolette Mackay

Kristin Mackie

"I don't care if it's the Democratic Party or the Republican Party...I just like the parties!" - *Sex and the City*

Alexander Macmillan

"Courage is being scared to death but saddling up anyway."
- John Wayne

Alaina Magnani

"I'm not concerned with you liking or disliking me...All I ask is that you respect me as a human being." - Jackie Robinson

Patrick Maguire

Bushra Majidi

"This world is the prison of the believers and the paradise of the unbelievers."
- Al-hamdu lillahi Rabbil'alamin

Ashley Manning

"If peeing your pants is cool, consider me Miles Davis!"
- *Billy Madison*

Charles Martell

Lauren Matias

"The greatest part of our happiness depends on our dispositions, not our circumstances."
- Martha Washington

Grisha Maziya

Skye Mazuroski

"I'm trying my hardest not to be washed up, but nobody wants to go skate, so ..." - Josh Petty

Jenna McIntyre

"Even if you're on the right track, you'll get run over if you just sit there." - Will Rogers

Matthew McManus

"It's not the size of the dog in the fight but the size of the fight in the dog."

Jerica Meditz

"How many nights and strange mornings has this been going on?"

Jackeline Meireles

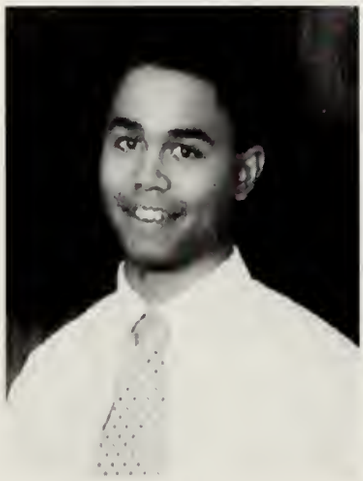
Gino Melendez

Jesse Menachem

"In order to succeed in life, you must finagle the system."

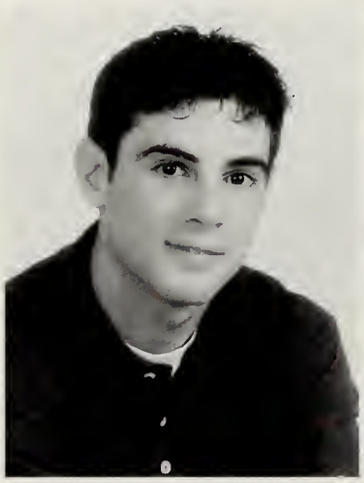
Rebecca Mendelsohn

"When once you have tasted flight, you will forever walk the earth with your eyes turned skyward ... you will always long to return." - Leonardo da Vinci



Elvis Mendez

"What I really wanna say is, there's just one way back, and I'll make it, my soul will have to wait." - Sublime



Matthew Meservey

"Sports do not build character. They reveal it." - John Wooden

Michael Miles

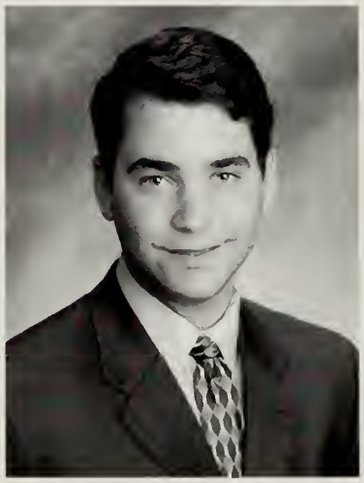
"Thirty second rule ... thirty minute rule ... it doesn't matter, I'd eat week old pizza off the driveway."

Donald Miller

"Good times."

Adrian Mobley

"You can dream a little dream, or you can live a little dream. I'd rather live it, cause dreamers always chase, but never get it." - Aesop Rock



Jonathan Modest

"The true leader is concerned not so much with the opinions of others as with the truth, with getting a job done ..."
- J. Donald Walters

Gina Mohanty

"You will find ... moments when you really lived are moments you did things in a spirit of love." - Henry Drummond

Michelle Monson

"We don't know what we got till we lose it. But we don't know what we've been missin' 'til it arrives."

Marco Montano

"There's no longevity living off negativity." - Big Pun

April Monteza

"It's not something you learn in school, but if you haven't learned the meaning of friendship, you really haven't learned anything." - M. Ali

Scott Morris

"We make a living by what we get. We make a life by what we give." - Winston Churchill

Russell Murachver

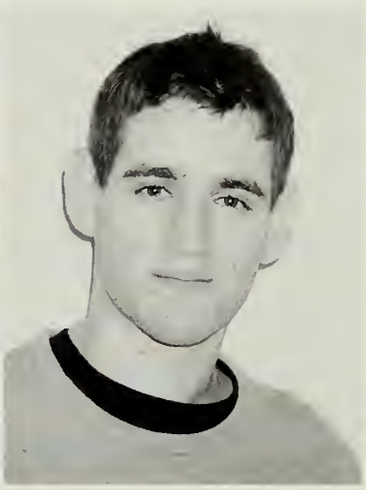
"Never let school interfere with your education." - Mark Twain

Leonardo Narvaez

Vilmaris Nieves

"My experiences and faults have made me who I am. No one will ever change me, I am the woman I am."

Heather Noble



Ilya Novak

"Opportunity is missed by most people because it is dressed in overalls and looks like work."
-Thomas Edison

Brian Nugent

Taryn O'Leary

"I like school ... it's a good way to kill time between weekends."
- Zach Morris, *Saved by the Bell*

Molly O'Neal

Caitlin O'Toole

"The time to hesitate is through."
-The Doors, Empire Records

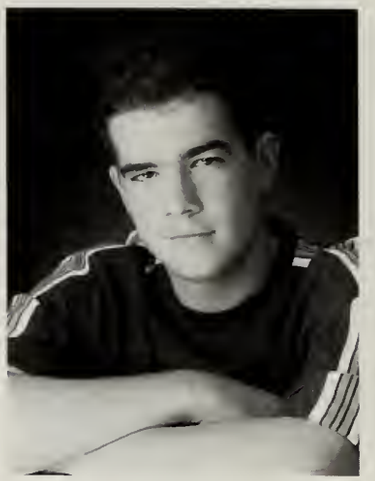
Henry Ohrenberger

"The only thing you have in the end is your character and respect."

Aecio Oliveira

Leanna Oliveira

"You can't change the past but you can use the past to change the future."



Morgan Orme

Thomas Ortiz

"Time is a waste of life; life is a waste of time; so waste all the time; and have the time of your life."

Norka Paniagua

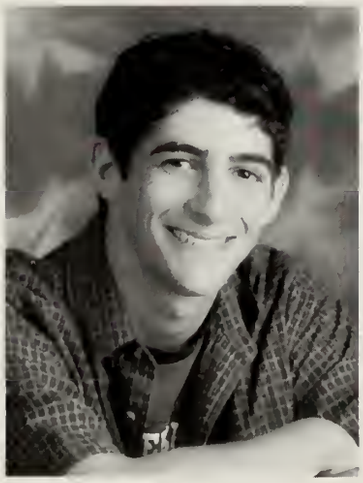
"I am always trying to escape from the pressure of expectations." - Shakira

Maxwell Pelham

"Regret nothing."

Andres Perez

"The life which is unexamined is not worth living." - Plato



Michael Perlis

"The game isn't over 'till its over." - Yogi Berra

William Pescosolido

Amanda Petro

"Behind every storm there is a sun waiting to shine."

Melissa Phan

"Do not follow where the path may lead. Go instead where there is no path and leave a trail." - George Bernard Shaw

Thomas Pisano

Alison Plain

"On ne voit bien qu'avec le coeur; l'essentiel est invisible aux yeux." - *Le Petit Prince*

Catherine Porter

"Good night, and have a pleasant tomorrow." - SNL

Lauren Power

"Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing." - Helen Keller

Erica Rafferty

"The most beautiful discovery true friends make is that they can grow separately without growing apart." - E. Foley

Elisa Reid

Jorge Rivera

"It's not something you learn in school, but if you haven't learned the meaning of friendship, you really haven't learned anything." - M. Ali

Diego Rocha

Nancy Rodriguez

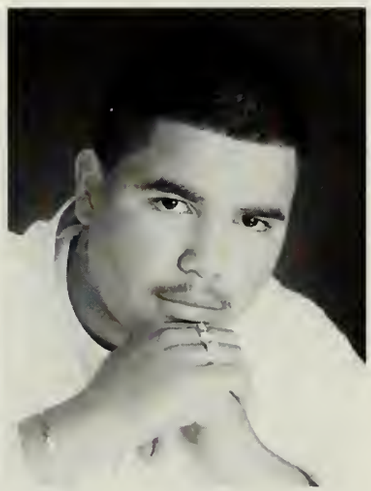
"It's sad to see the ones you became friends with because now it's time to go separate ways and say goodbye."

Raymari Rodriguez

"Books contaminate people's minds."

Eric Rollo

"Our greatest glory consists not in never falling, but in rising every time we fall." - Ralph Waldo Emerson

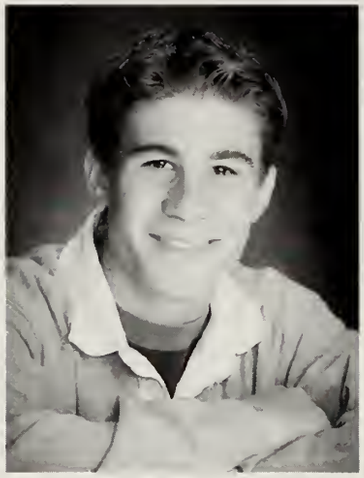


Tomas Romero

"A wise man speaks once and never repairs."

Miguel Rosa

"Only God can judge me."
- 2pac



Evan Rosenberg

"Hard work never hurt anybody; but why take chances?"

Gena Rosenberg

Daniel Rothbart

"Without pain, without sacrifice, we would have nothing!" - *Fight Club*

Jonathan Rubinger

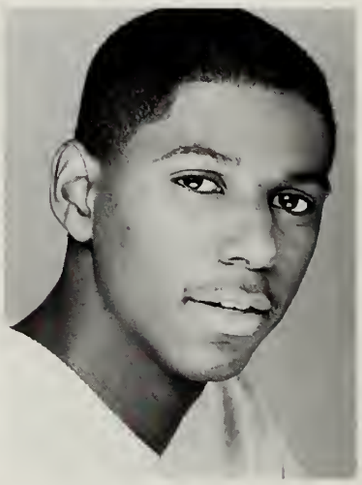
"JR, I'm sending you a goose in the mail." - Greg Fulchino

Jennie Rundlett

"This is the time to remember, 'cause it will not last forever. These are the days to hold on to ..." - Billy Joel

Steven Rushing

"Live as if you were to die tomorrow. Learn as if you were to live forever." - Ghandi



Jean Saint-Martin

"When one door closes another door opens ..." - Alexander Graham Bell

Sammy Salguero

"If you love something let it go, if it comes back it was yours, if it doesn't it never was."

Varun Saluja

"Don't look at me in that tone of voice." - Greg Fulchino

Ludymilla Santos

"Love is like the wind, I can't see it but I can feel it."

Jeffrey Sarasohn

"Say what you want, say what you mean, question yourself are you really what you seem?"
-Dispatch

Alexander Sarousi

"Everyone's controlled by fate but nothing is inevitable so sieze every opportunity there is. No regrets."

Nicolette Savageau

"You can never know the light until you experience darkness."

Jason Sawyers

"One who knows nothing can't understand anything. So let the light that is in us all guide you to greatness and overcoming any obstacle."

Jeffrey Schlemmer

"Hope is a good thing. Maybe the best of things. and no good thing ever dies."
- Andy Dufresne

Kristen Schlemmer

"Have you ever noticed? Anybody going slower than you is an idiot, and anyone faster than you is a maniac?"
- G. Carlin

Jamie Schletter

"You've got to dance like nobody is watching, and love like it's not going to hurt."

Michael Schuberth

Allan Schwartz

Brian Schwartz

Emily Schwartz

"If you're gonna walk the earth then walk it proud and if you're gonna say the word, you got to say it loud." - Ben Harper

Adam Sell

"They may beat you ninety-nine times out of a hundred, but that still leaves ... one time."
- *Little Giants*

Joseph Sementelli

"How many nights and strange mornings has this been going on?"

Andrew Shapira

"I'm seventeen years old. I have no pithy statements to make about life. Get back to me in forty years."

Holly Sherman

"Life passes by, melts away like snow in spring; we all are blind to the running of time."
- Sentenced

William Shopnick

Freddie Simone

"I'm not one of those complicated, mixed-up cats. I'm not looking for the secret to life ... I just go on from today, taking what comes." - Frank Sinatra

Jermaine Simpson

"Labor for learning before you grow old because learning is better than silver and gold."

Nicole Slason

"Within your heart, keep one still, secret spot where dreams may go." - Louise Driscoll

Lauren Smith

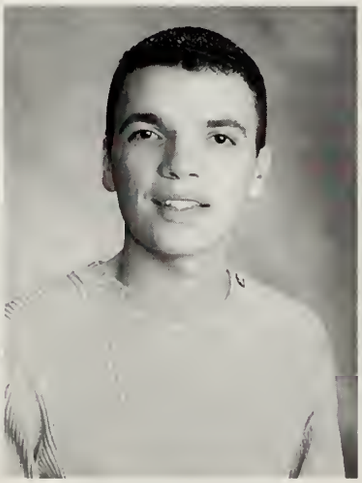
"Everything happens for a reason."

Shannon Smith

"Learn from yesterday, live for today, hope for tomorrow."
- Anonymous

Bethany Snodgrass

"Live everyday like yesterday is the past and tomorrow is the future ... every win is a success every loss is just a lesson."



Worley Soares

Evelyn Souza

"Live your life to the fullest the way you want, not the way others want you to live."

Gillian Spealman

"Business in the front. Party in the back."

Nadine Spigel

"The most wasted of all days, is the one without laughter."
- e.e. cummings

Brandon Steacy

"Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin." - Robert Collier

Kristin Stoodt

"Remember, remember, this is now, and now and now. Live it, feel it, cling to it." - Sylvia Plath

Paul Sullivan

Nolan Sutherland

Jason Swartz

"Well Columbus wasn't looking for America, my man, but that seemed to work out for everyone didn't it? You're here!" - Beanie

Daniel Taranto

"Maybe, just once, someone will call me 'sir' without adding 'you're making a scene.'"
- Homer Simpson

Maggie Taylor

"What a long strange trip it's been." - Grateful Dead

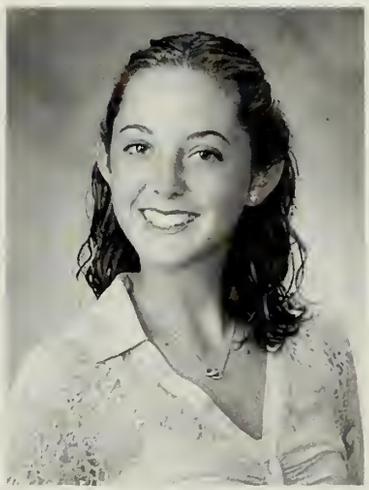
Stacey Teman

"If success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all." - Anna Quindlen

Jeffrey Theise

Anthony Theodorakos

"I'm so happy because today I've found my friends. They're in my head." - Nirvana



ElizabethThompson

"Bittersweet and strange finding you can change, learning you were wrong."
- Beauty and the Beast

Jacqueline Travers

"Don't dance in between the rain drops, walk through and get it over with." - A Wise Friend

Jennifer Travis

Helene Trompeter

"If you're gonna live, then live it up." - Ben Harper

Brian Ungar

"When I look around I think this is good enough. And I try to laugh at whatever life brings, 'cuz when I look down I miss all the good stuff ."

Joshua Van Hook

"Video meliora proboque pejora facio." - Ovid

Adam Vanbuskirk

"The fellow who does things that count, doesn't usually stop to count them." - Anonymous

Jenicelee Vega

"My life turned around when I began to believe in myself."

Jacquelyn Villa

"Laugh at your mistakes and praise yourself from learning from them ... Someday we'll look back on this and plow into a parked car."

Alberto Villanueva

Lisa Visco

"Life is full of new beginnings and you never know what sweet miracles may come."

Jonathan Visminas

"What part of PH'NGLUI MGLW'NAFH CTHULHU R'LYEH WGAH'NAGL FHTAGN don't you understand?"

Tyler Wakstein

"Real eyes, realize, real lies."

Jacquelyn Walsh

"The story of life is quicker than the blink of an eye. The story of love is hello and goodbye, until we meet again." - Jimi Hendrix

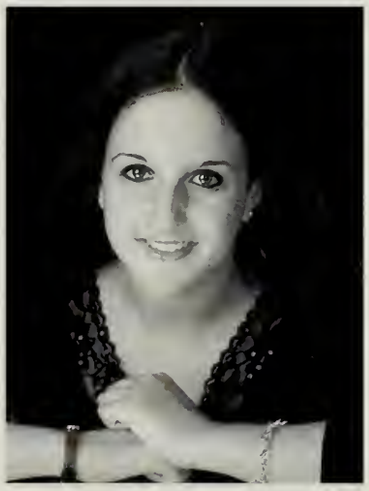
Katherine Walsh

"Every light I've found is every light that's shining down on me - could you believe in heaven if heaven was all you had." - Smashing Pumpkins

Narda Walters

"Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised." - Proverbs 31:30

Timothy Ward



Paula Waters

"Life is not measured by the breaths you take, but by the moments that take your breath away." - Anonymous

Jillian Werner

"Life's too short to not live it up, party like every night's a Friday." - Salaam Alaykum

Whitney White

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

Alyson Wilensky

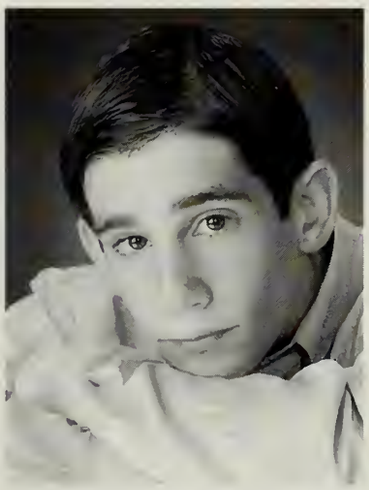
"Please hold on to today, it will soon be the past. Like a picture that's framed secure in your mind, you'll look back at it time after time." - CT

Samuel Willis

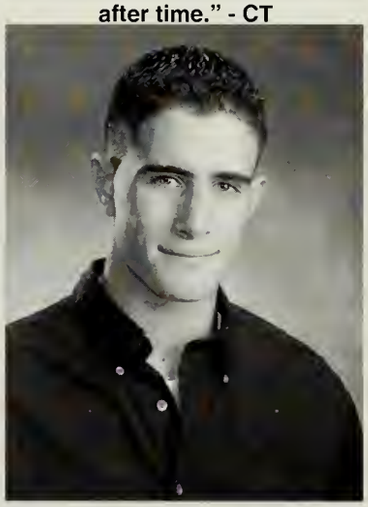
"Always question authority." - Thomas Jefferson

Sean Wilson

"In three words I can sum up everything I've learned about life: it goes on." - Robert Frost



Jonathan Wiseman



Alex Wolf

"Fear not that your life will someday end. Fear only that you do nothing with it." - Unknown

Hilary Woods

"There is a fate, but it will only take you so far, and then it is up to you to decide what happens."

Allisa Worden

Rafi Yagudin

"Ani totach, en en alai, ani ha gadol me koolam!"

Jennifer Yang

"But I know we can't all stay here forever. So I'm gonna write my words on the face of today...and then they'll paint them." -Blind Melon

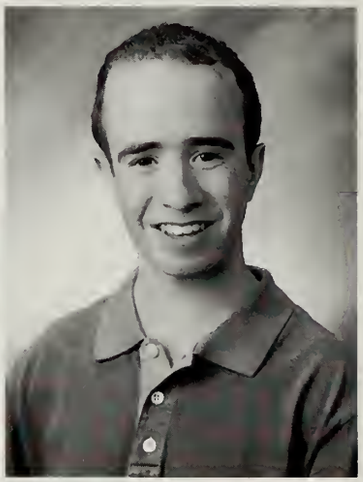
Nathan Yong

"If you're robbing a bank & your pants fall down, I think it's OK to laugh & let the hostages laugh too, because, come on, life is funny." - Jack Handy

Jessica Young

Oshin Yousefi

"Be happy with the person you are. Live life to the fullest and learn to love and respect the people whom you are close to."



Daniel Zack

"Yesterday's history, tomorrow's a mystery, but today is the present and a present is a gift."

Matthew Zahner

"They're kicking me out of school after 12th grade because I'm so hardcore."

Matthew Zaltzberg

"Don't look at me in that tone of voice." - Greg Fulchino

Sarah Zeman

"Sprinkle some magic wherever you go..."

Merideth Zide

"Change is never easy. You fight to hold on, you fight to let go." - Wonder Years

Amanda Zitron

"Life is a jewel, what makes it valuable is how you live it."
- Anonymous

Brian Zompetti

Heard But Not Seen

Keitheny Arantes

"With God everything is possible!"

Eric Bakke

"You will never know if you don't try."

Kai Douglas

"Pain is a sign of weakness exiting the body."

Jonathan Hanna

"The one charm of the past is that it is past."
-Oscar Wilde

Kenny Horne

"When do you really start living?"

Maclaine Matos

"Don't walk behind me, I may not lead. Don't walk in front of me, I may not follow. Just walk beside me and be my friend."
- Unknown

Grace McNeil

"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you."
-Michael Jordan

Jibben Nee

"Whatever you do will be insignificant but it is very important that you do it."
-Ghandi

William Ortiz

"This is the number one rule for your set, in order to survive gotta learn to live with regrets."
-Jay-Z

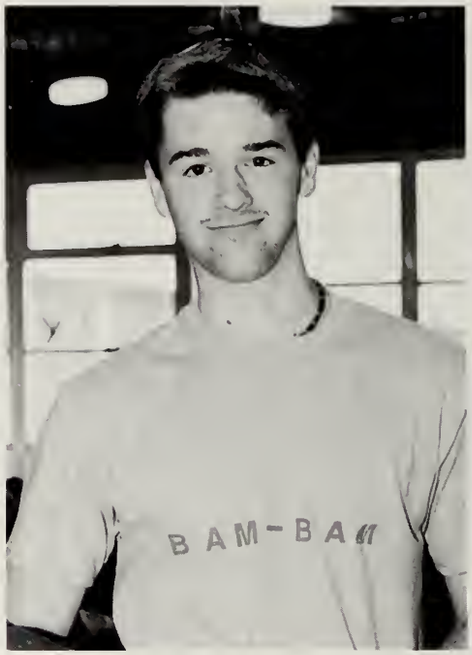
Alfonso Rojas

"See you, space cowboy."

Maria Seredina

"Everything you can imagine is real."
Pablo Picasso

ABERCROMBIE

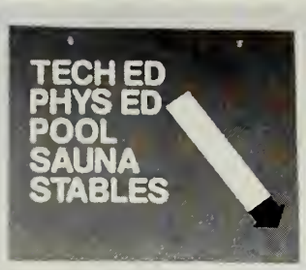

BAM-BAM

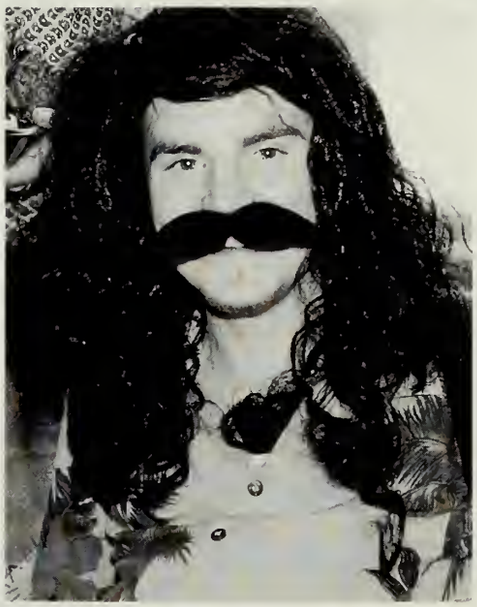
FRAMINGHAM
24

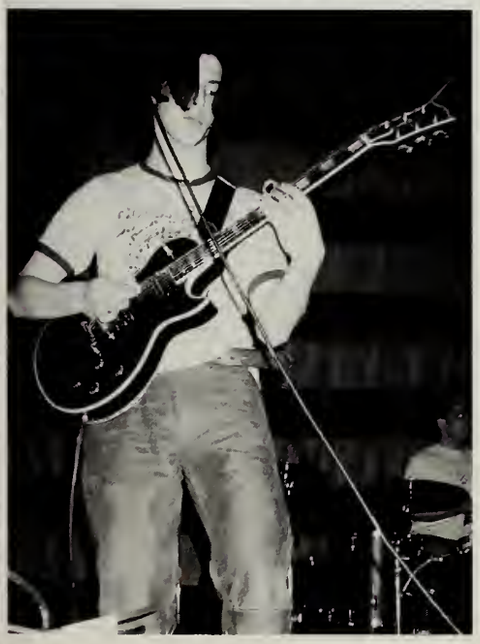
FLYERS

DOOR

MONTANO
86


TECH ED
PHYS ED
POOL
SAUNA
STABLES





GORMAN

Senior Superlatives

Attached at the Hip
Marco Montano, Jon Barillas, Eric Becker

Attached at the Hip
Shannon Smith and Heather Noble

Most Flirtatious
Tina Cicciu and Rocco Devito

Best Couple
Abbey Capobianco and Kevin Hanlon

Most Huggable
Gena Rosenberg and Joel Felcher

Most Contagious Laugh
Sara Fisher and Alex Macmillan

Most Comical
Eric Becker and Ashleigh Kay

Life of the Party
Ryan Abelli and Lynn Guarino

Best Looking
Nadine Fanous and Tomas Ortiz

Best Smile
Nadine Spigel and Joe Andreazi

Best Eyes
Sam Willis and Niki Savageau

Most Artistic
Kate Walsh and Michael Handis

Most Musical
Taryn O'Leary and Brian Nugent

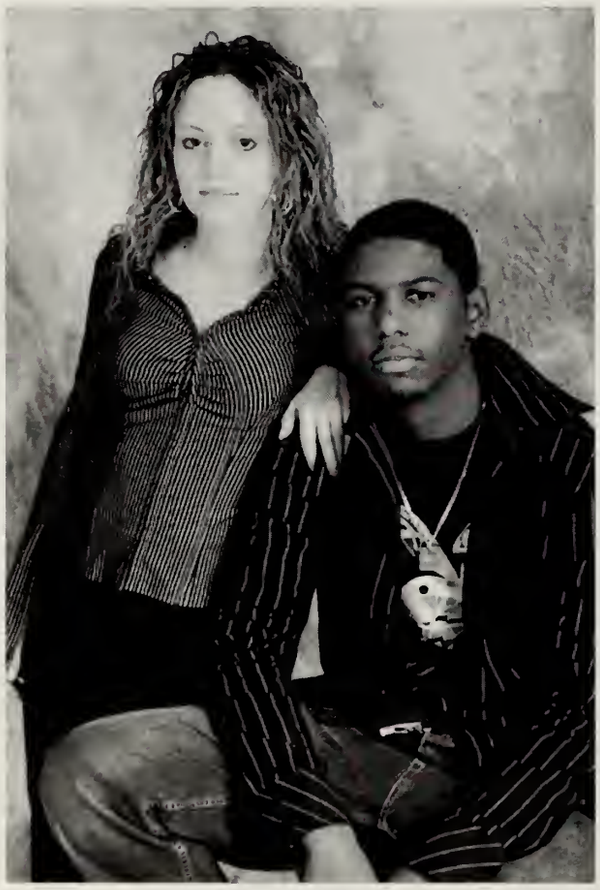
Most Respected
Narda Walters and Jesse Menachem

Most Theatrical
Joe Kidawski and Molly O'Neal

Most Likely to Succeed
Eric Frackleton and Beth Thompson

Most Athletic
Nikki Mackay and Will Ortiz

Most Spirited
Jesse Menachem and Laura Litman



Best Dressed
Gena Rosenberg and Jean Richard

Most Friendly
Greg Fulchino and Sarah Groppo

Most Likely to be Carded at 30

Katie Eckels and Zack Fabbri

Most Likely to Get Lost in Framingham

Helene Trompeter and Steve Bullock

Most Original

Nolan Sutherland and Laura Camerato

Most Talkative

Matt Meservey and Rachel Kanner

TOP TEN WAYS YOU KNOW YOU'RE A SENIOR

10. When PJ's are everyday attire.
9. When you're sitting in your guidance counselor's office more than your classes.
8. When you get 2 1/2 months of Saturday school.
7. When you only have 2 real classes a day.
6. When you've paid over $200 in school fees.
5. When you're senior privileges get taken away the day you got them.
4. When your lunch choices are Panera, BK, and Subway.
3. When the fear of your car being towed is always in the back of your mind.
2. When you pay $60 dollars for a piece of dirt.

AND THE NUMBER ONE REASON IS....

1. When you finally know where you're going!

SENIOR POLLS

T.V SHOWS WE WATCHED

1. The O.C
2. Friends
3. Queer Eye For the Straight Guy
4. The Family Guy
5. The Real World

MOVIES WE SAW

1. Lord of the Rings: Return of the King
2. Finding Nemo
3. Elf
4. Old School
5. Pirates of the Carribean

Places We Hung Out

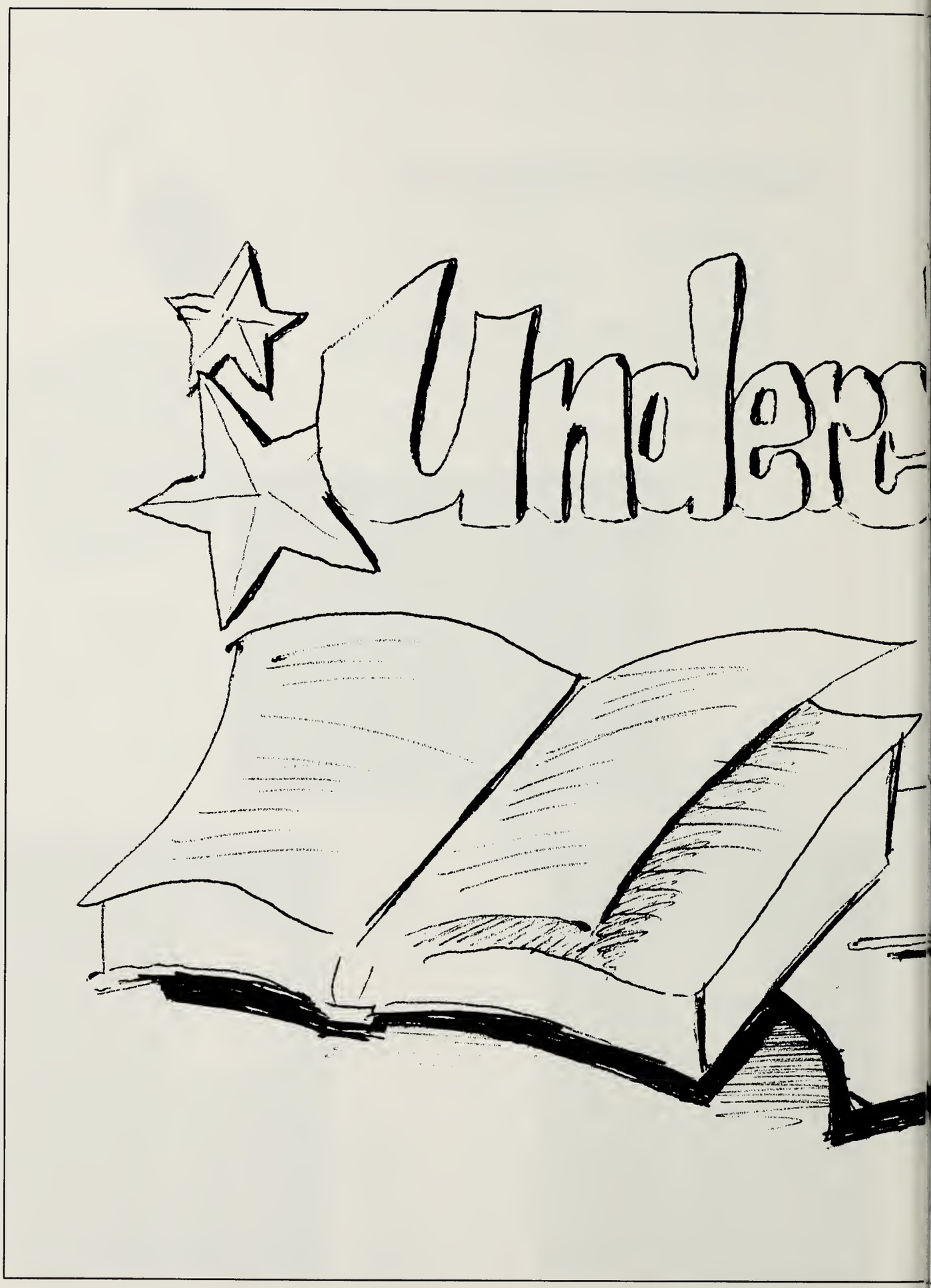
1. BK
2. Nobscot
3. The Ropeswing
4. The Farm House
5. Cars

Prices We Paid

1. Gas- $1.72
2. Subway Sub Combo-$4.82
3. Movie Ticket-$9.50
4. Asphalt Parking Spot-$100
5. McFlyer Meal-$2.25

Music We Listened To

1. Coldplay
2. 50 Cent
3. Dashboard Confessional
4. DMB
5. Our Hometown Bands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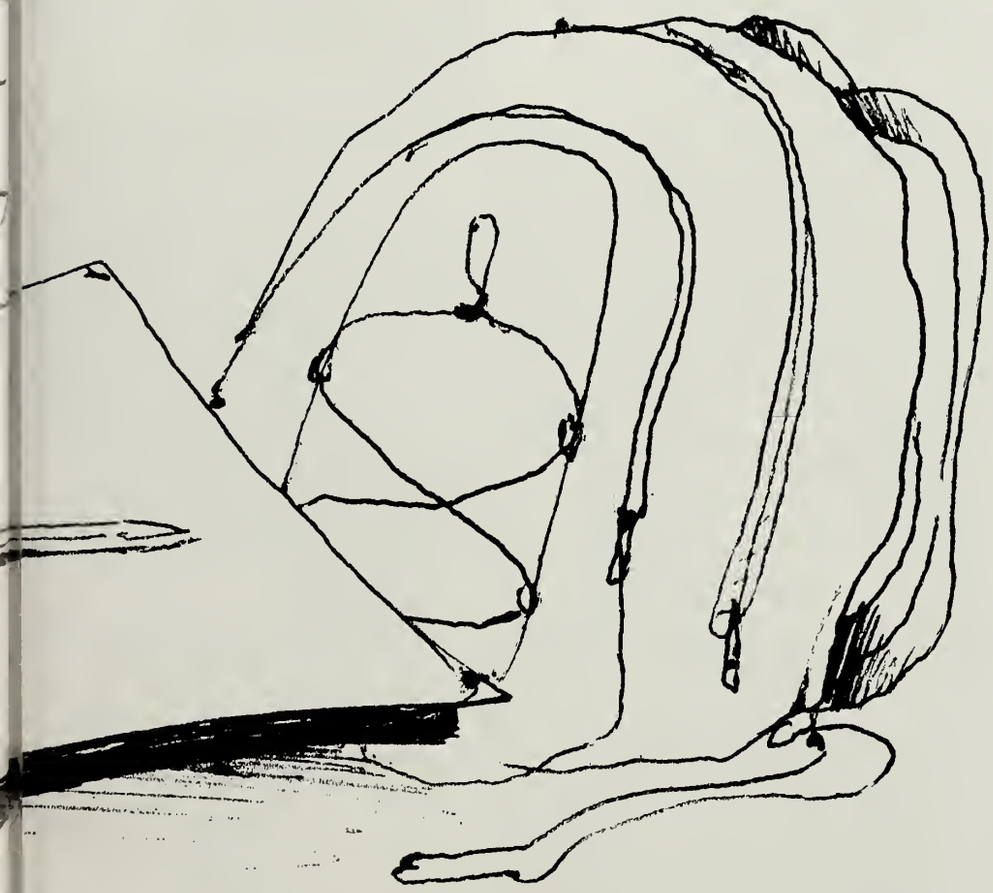


UNDER

CLASS

Class of 2005

CREW

NBA
34
S.C

Juniors

Kimberly Abruzzi
Talia Adry
Andrea Aguiar
Emmanuel Ahanotu
Anthony Akins-Braithwaithe
Kelly Allen
Angelita Almeida
Nadine Almeida
Ludmilla Alves
Amirreza Aminipakdaman
Maynery Amparo
Anthony Ao
Gerardo Arce
Ivor Asztalos
Justin Averett
Irene Azarkh
Phillip Baiao
Suman Bala
Jennifer Barbieri
Lais Basilio Oliveira
Priscilla Basilio
Robert Basiri
Julie Baskind
Claire Bates
Jillian Beddoe
Lesley Anne Beers
Dylan Berjarano
Christopher Beliveau
Laura Benjamin
Andrew Birenbaum
Amy Bloom
Daniel Blum
Jeffrey Blum
Elizabeth Boileau
Stephen Borelli
Brendon Bosy
Mary Bowen
Yaa Brago
Jessica Brody
Nicholas Brown
Jaime Bruce
Margret Bukenya
Jennifer Burg
April Burge
Denise Bush
Ashley Butler
Darryl Byrd
Nicole Cacella
Jennifer Caicedo
Luciano Campos

Sinjin Campos
Michael Carey
Susan Carey
Monica Carmona
Brian Carrozza
Diane Carson
Ana Carvalho
Piera Castaneda
Ludemure Castelly
Jose Castillo
Peter Cayatte
Stacy Celorier
Chun Lam Chan
Adam Chartoff
Hannah Chase
Jennifer Chen
Miriam Chenaif
Suraj Chokahni
Jacob Chorney
Kristin Cicciu
Melissa Clain
Allan Clarke
Daniel Cleveland
Daniel Cline
David Cohen
Jason Cohen
AlexanderColon
Kevin Connolly
Kimberly Cordero
Alexsandro Correia
Karen Cortez
Marcos Costa
Joshua Crawford
Michael Crouse
Rachael Crowley
Catherine Cummings
Silvio Da Silva
Alexandra Dalmacy
Lauren Dalton
Christopher Daly
George Damianidis
Jamie Dannenberg
Polyana Dasilva
Enise Davoodi-Masihi
Flavia De Matos
Henrique De Matos
Jadya DeAndrade
Jonathas DeCarvalho
Brianna DeCoff
Daniel Dela Zerda
Richard Delahanty
Lucia Delprete
Eduardo DeOliveira
Ludmila Desa
Roger Desa
Joseph DeSimone
Raquel DeSousa
Amanda Digiandomenico
Maia Donnelly
Bryan Dressler
Stephanie Dubin
Stephanie Duca
Nadza Durakovic
Danielle Eagan
Shanica Eddy
Andrew Egan
Ja-Far Emir
Izoduwa Enoma
Jonathan Entwisle
Eli Epstein
Brenda Etienne

Jennifer Etienne
Aaron Everett
Kate Fantasia
Scotty Fay
Alicia Fearebay
Eliza Feindel
Leslie Feliz
Priscila Fernandes
Edgar Fernandez
Lorenna Ferreira
Paola Ferreira
Tabata Ferriera
Thais Filho
Vladimir Firyago
Adam Fisher
Joshua Fisher
Jennifer Fitzgerald
Brian Fitzpatrick
Dominic Fitzpatrick
Stephen Flaherty
Michelle Flores
Kevin Florian
Zachary Forman
Vivian Francisco
Rachel Frank
Alyssa Freedman
Lindsay Freeman
Bruna Freitas
Simonides Freitas
Melissa French
Lana Friedman
Crystal Funes
Pedro Fuoti
Shannon Gagen
Priya Gandbhir
Eddie Garcia
Jean Garland
Kevin Garron
Lauren Gassel
David Geller
Felix Geller
Michael Geoghegan
Katelyn Gilgallon
Alexander Gill
Lawrence Gilley
Alex Gilman
Hugo Giuberti
Cecilia Gloski
Amanda Goldfarb
Shondra Goldkuhl
Jennifer Goldman
Janell Goldsmith
Taina Gomes
Carolina Gomez

Karla Goncalves
David Gonzalez
Kevonyi Gooding-Perkins
Tempestt Gordon
Katie Graveline
Jeremy Green
Hamutal Greenberg
Maria Griece
Jeffrey Grover
Nicholas Guarino
Liban Gudal
Matthew Hanson
Chantel Hardy
Charles Hauck
Jonathan Hayes
Noah Hellman
Katrin Henricksen
Juan Henriquez
Bryant Hernandez
Marc Hewett
Megan Hickman
Trung Ho
Adi Hodis
Maya Hodis
Andrew Holland
Stephen Holland
Brian Holt
Barbie Hsu
Alexandra Hulme
Ross Hurwitz
Michael James
Holly Jansbergs
James Jantzen
Ting-Fu Jen
Alex Johnson
Lee-Austin Johnson
William Johnson
Daniel Jones
Dewayne Jones
Keyana Jones
Stefan Jones
Marvette Joyner
Jin Jung
Kristen Jurnak
Joshua Kaitz
Stella Kapalis
Nasar Kasirye
Jatinder Kaur
Melissa Kavanagh
Jeferson Kazmirczak
Lauren Kelly
Ann Kenney
Jacqueline Kenney
Brian Kent

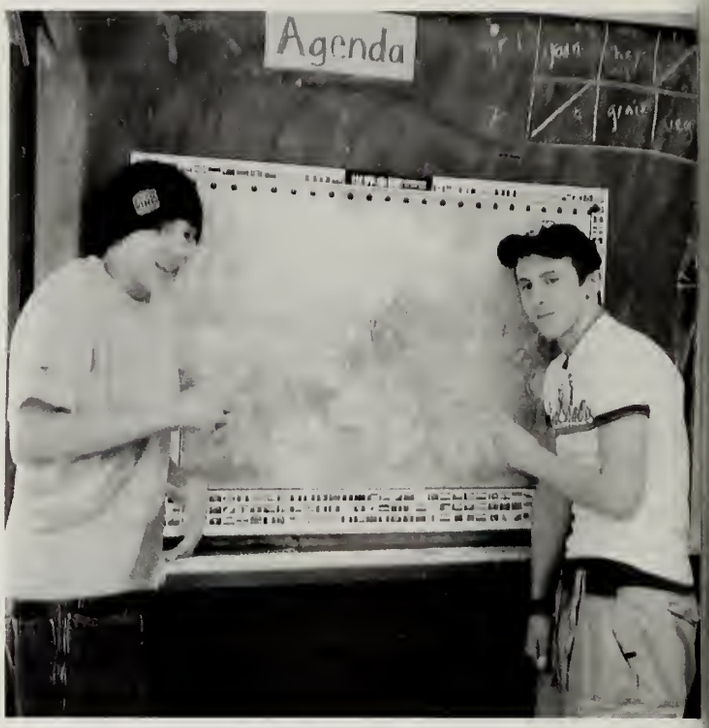
Sara Khan
Elyce Kirkland
Kevin Kizik
Athena Klokelis
Miriam Klopotek
Christos Koakiettaveecha
Stephanie Kogan
Yuriy Kozlov
Mimoso Kponou
Jessica Krot
Satyam Kumar
Kerry Kwasek
Cassandra Lamore
Mallory Landry
William Lannon
Christopher Lapidas
Matthew Laquidara
Kate Lawrence
Jonathan Lawson
Stefanie Leary
Benjamin Lebson
Danny Lee
Minsoo Lee
Daniel Lemos
Denis Lemos
Keith Leone
Melissa Leporati
Kayleigh Lescarbeau
Jason Levin
Ilya Lifshits
Christopher Lomas
Alyssa Long
Jeremy Longden
Amanda Lopes
Christopher Loughran
Matthew Lutchen
John Madrio
Poliana Madrona
Christina Magnani
Sarah Mailhiot
Ozra Majidi
Mark Maltz
Hannah Mandel
Brendan Manzella
Richard Marscher
Valerie Marsh
Charles Martell
Sasha Mash
Michael Mashkevic
Carol Matthews-Nicoli
Diego Mauro
Kayla Mazzara
Jacqueline Mazzola
Sarah McArthur

Joseph McDonald
William McDonough
Sean McNair
Astrid Mejia
Efigenio Melendez
Antero Melo
Flaviane Melo
Sydney Merrifield
Danielle Metcalfe
Thomas Meunier
Kelly Miles
Hillarie Mills
Fernanda Miranda
Jonatas Miranda
Michelle Monson
Christine Montillo
Danielle Moore
Edward Murphy
Julianne Murphy
Arvil Nagpal
May Nambwere
Craig Nardini
Jonathas Nazareth
Christopher Nazzaro
Livhuwani Ndou
Zineb Nemoura
Mark Newton
Lauren Nickerson
Vilmaris Nieves
Katherine Nolan
Dillon Novello
Danielle Nugent
Elizabeth O'Day
Kasey O'Hare
Judith Olson
Emmanuel Osamwonyi
Jason Osorio
Sarah Otteman
Yan Pan
Ryan Park
Dipesh Patel
Gita Patel
James Patelis
Meldonique Patterson
Melissa Penedo
Natalia Pereira
Sonya Perricone
Michael Perry
Brad Petersen
Eric Peterson
Susan Philip
Mario Pisani
Emily Player
Katelyn Plotnick

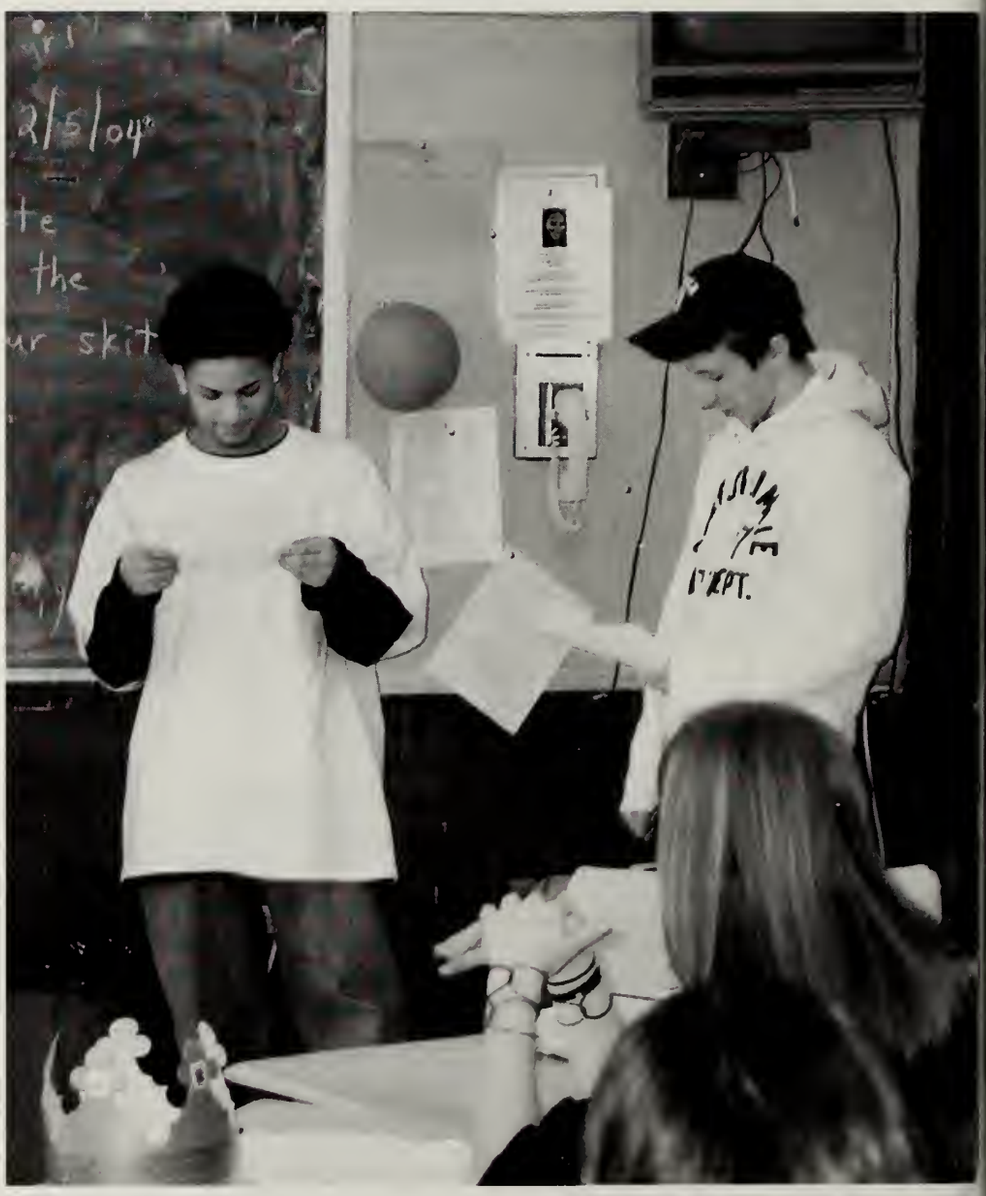
Emily Porter
John Pratt
Jonathan Prince
ChongHun Pyon
Sarah Quinn
Jennifer Quintanilla
Michaela Raagas
Kristen Ragozzino
Stephen Rakusin
Maria Ramrath
Jake Ramsley
Kavetha Ranjit
Sthefany Redel
Camilia Reed
Shannon Regan
Leah Reitz
Patrick Renzi
Lindsay Rich
Krystin Riley
Haley Ritchie
Megan Rizzo
Marcos Rocha
Tyler Rodgers
Kevin Rodis
Elyse Roditi
Michele Rogers
Andrew Rokes
Michele Roman
Celina Romero
Tomas Romero
Craig Ropi
Ashley Ross
Yosstina Roubil
Michael Rovito
Davin Rozowsky
Daniel Rubin
Emily Rudenauer
Graciela Saavedra
Alexandra Salmon
Jessica Salvin
Felipe Sanchez
Melissa Sanclemente
Yvonne Sangudi
Juan Jose Santana
Yanairi Santiago
Amanda Santos
Mallory Scafidi
Matthew Schindel
Jenna Schroeder
Melissa Schultz
Afua Serwaah
Timothy Shannon
Daniel Sherman
Solomon Sherring
Stephen Shin
Layara Silva
Craig Silverman
Alfred Simone
Nicholas Sinesi
Bandile Sithole
Edwin Snead
Fernanda Soares
Gregory Soboff
Paolo Soriano
Ana Paula Sousa
Vinicius Souza
Joseph Spencer
Amy Stabile
Mason Stahl
Daniel Staires
Dennis Staires

Nathaniel Steiger
Jason Stoller
Elise Stucchi
Ashley Studley
Joseph Sturniolo
Siddharth Sudan
Jason Sullivan
Michael Sullivan
Nolan Sullivan
Anni Suriel
Jason Surro
Thana Taliep
Annette Tam
Samila Tameirao
Bruna Tateyama
Gerardo Tejada
Adia Thomas
Jose Torres
Jessica Tracy
Ashley Tyler
Ana Valdez
Jessica Valente
Zueanette Vazquez
Gleydson Vial
Geraldine Vilus
Heather Wadley
Jesse Waithe
Joshua Walovitch
Christopher Wasley
Jared Weber
Kayla Welch
Gregory White
Justin Whitkin
Michael Whittemore
Abigail Whittier
Heather Wilson
Scott Wilson
Sean Wilson
Aaron Winer
Amber Wingert
Michael Witten
Amanda Wong
Dylan Woods
Meghan Wylie
Svetlana Yasinskaya
Kristin Yeager
Issac Young
Jessica Zakar
Jason Zaki
Shan Zhang

2005


Agenda

72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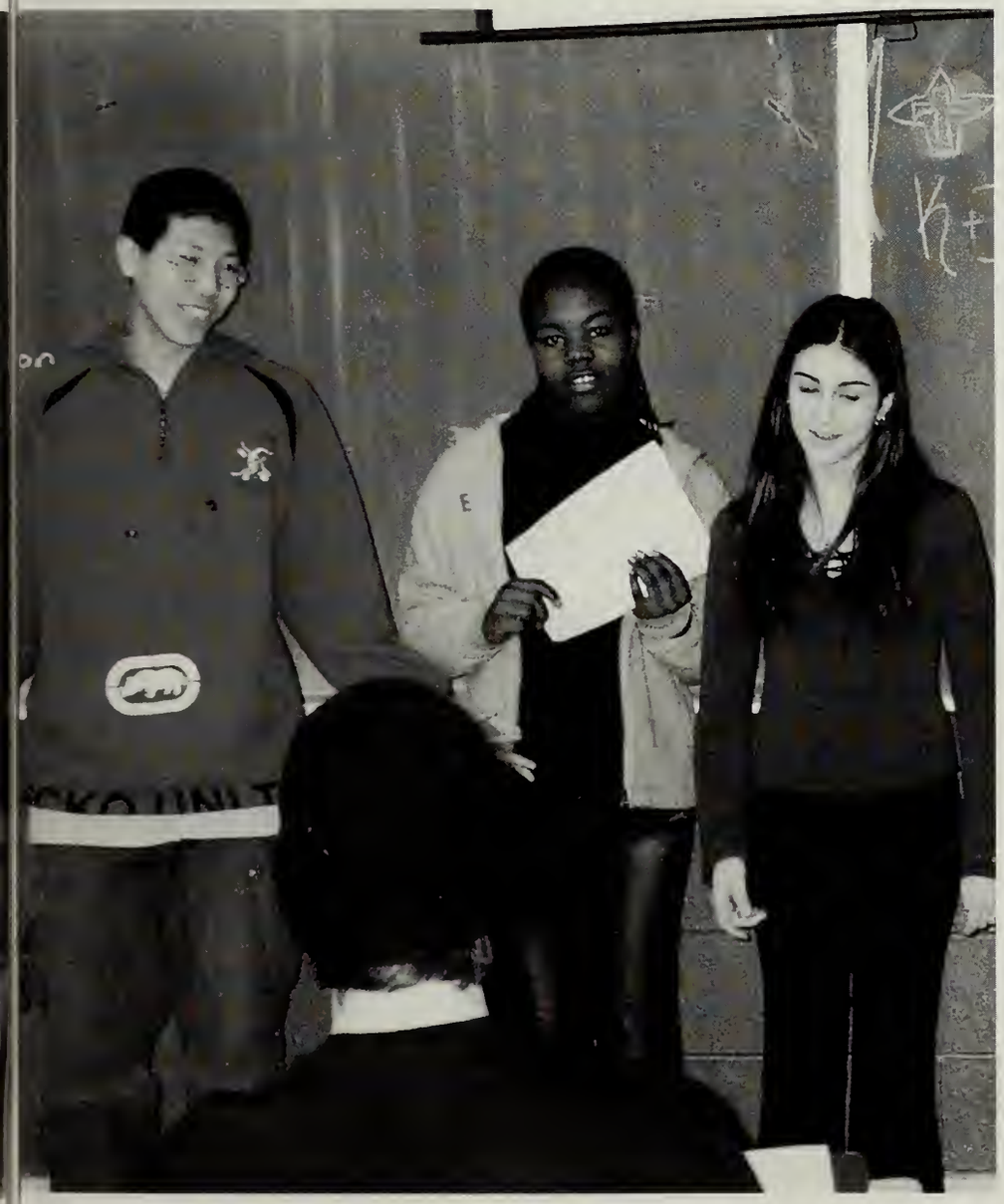
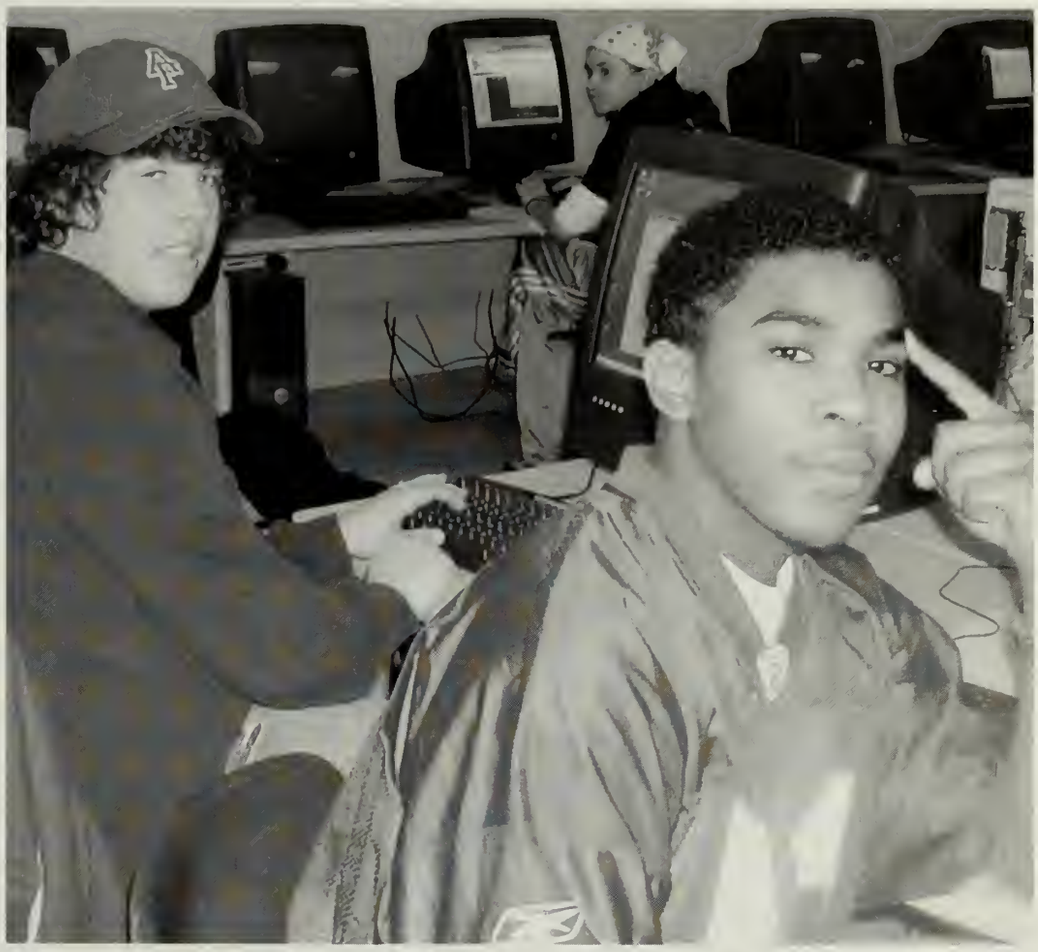
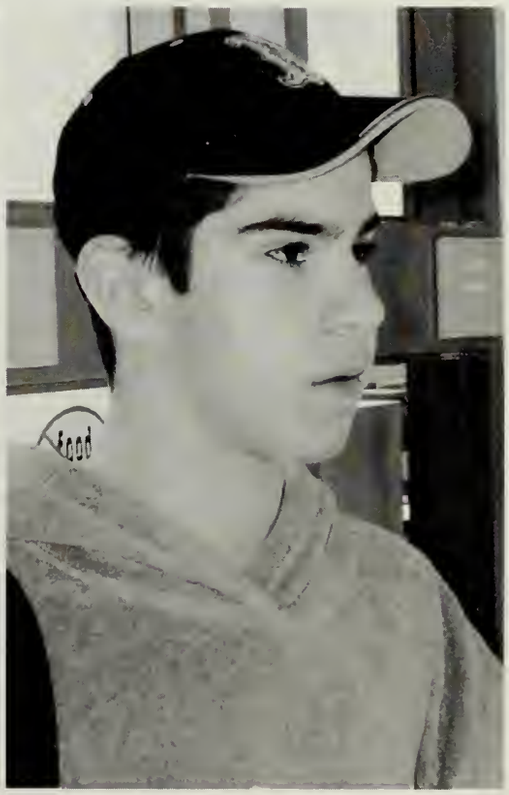
GAP

your skit



NAVY





FRANCISCAN
Bri-Bri

SIXERS
3

PUM

SENIORS

Sophs

Jenna Abelli
Rebecca Abrahams
Adam Acorn
David Akasa
Tatarina Albert
Marina Andreazi
Daniel Andrews
Peter Andrews
Gabriela Araujo
Thaissa Araujo
Jisly Archila
Zoya Arif
Sarah Avola
Daniella Bacellar
Thais Baiao
Kalee Balde
John Barone
Diana Batista
Daniel Bayley
Jefferson Beaucicaut
Antonio Becerril
Emily Beckwitt
Sarah Beling
Erika Benites
Derek Bernardi
Matthew Bianco
Adele Bible
Alison Bird
Jill Blake
Jennifer Boileau
Donnie Bolden
Cavan Bonzey
Nicholas Booth
Lorena Braga
Rebecca Braverman
Cassandra Brennan
Kaitlyn Brennan
Jaclyn Brick
Christopher Brindley
Takaya Briskey
Maura Britt
Sarah Brody-Isbill
Michael Brooks
Jahlon Brown
Robert Burge
Laurie Burgess
Ben Camiel
Scott Camiel
Stephanie Camilo
Joseph Capobianco
David Cardenas
Naidy Cardenas
Anna Cardoso

Thamyres Cardoso
Melissa Carey
Terrell Carle
Nataevia Carrasquillo
Casey Carrozza
Christopher Carter
Robin Carter
Nicholas Caruso
Margaret Cassidy
Edith Castaneda
Jillian Castle
Pedro Catao
Samantha Cau
Nicole Centola
Ashley Chabotte
Gloria Chase
Qin-Bin Chen
Ilya Cherednichenko
Eric Chorney
Christopher Chung
David Ciampi
Nicholas Cissna
Jessica Clain
Matthew Clayman
Jacob Clew
Iside Coelho
Jason Colantuoni
Kimberly Colonna
Alexandra Compere
Patrick Connolly
Meaghan Considine
Jacob Cook
Melissa Cordella
Arineth Core
Stephanie Cornely
Jenniffer Corrales
Heather Correia
Megan Correia
Marcos Costa
Shawna Costello
Christopher Coughlin
Nicholas Coveney
Jonathan Cruzado
Rodrigo Csch
Marcelo Da Silva
Elizabeth Daly
Esther Daniells
Renan DaSilva
Veronica DaSilva
Jan Davila
Sean Davis
Lauryana De Souza
Michael Deflorio
Courtney DeFrancesco
Jessika DeFreitas
Nicholas Derosa
Emylle deSouza
Gracieli Desouza
Luiz DeSouza
Camila Dias
Kelsey Diederich
Nicholas Diieso
Agbenyo Dika
Suzanne DiRusso
Tracie Dirusso
Michael Divver
Jamie Donchin
Kathleen Donovan
Thiago DosSantos
Allison Drake
Kathryn Dressler
Daniel Druker
Elizabeth Drummey

Kristin Dugger
James Dumas
Ludmilla Dutra
Franklyn Edosomwan
Daniel Engel
Jocelyn Ennis
Barry Epstein
Robert Evans
Yanilka Famania
Barbara Fandel
Ryan Fannon
Kellyann Fantasia
Brenan Fay-Martin
Jerome Fay
Katie Fearebay
Shari Feldman
Louise Fernandes
Erica Ferraro
Nicole Ferreira
Bonnie Fialho
Leandro Fialho
Gabrielle Fischer
Andrew Foley
Ryan Foley
Devan Frye
Erick Fuentes
Vanessa Funes
Margery Furman
Meaghan Gagnon
Katora Gaines
Katie Galante
Vanessa Gallant
Kyle Ganson
Michael Ganz
Helen Gao
Erica Garcia
Timothy Gatlin
Jesse Gayner
Natalie Ghazarian
Carolyn Gibson
Justin Gibson
Elizabeth Gilmore
Ashley Gilpatrick
Jeffrey Gilpatrick
Richard Goguen
Alexander Goldberg
Matthew Golder
Adrian Gomes
Jose Gomez
Nidia Gomez
Shayne Gonzalez
Luz Gonzalez
Xayrined Gonzalez
Noah Goodwin
Jonathan Gordon
Marissa Gordon
Oquino Gordon

Whitney Gorovitz
Brandon Gould
Matthew Grady
Tiana Graham
Jenna Grauer-Gray
Dayna Green
Anne Greenwood
Frank Grzyboski
Bruna Guimaraes
Jorge Guzman
Kevin Hagerty
Emma Hall
Amana Hamedany
Kerry Hanley
Joseph Harrington
Cameron Harris
McKendra Harvey
Parker Hayden
Leah Healy
Christopher Hendry
Jennifer Hernandez
Ronnie Hernandez
Lauren Hervey
Benjamin Hewett
Alfonzia Holland-Hagan
Lindsay Horwitz
Drew Hovanec
Kevin Howard-Lee
Mark Hugo
Alice Hurst
Jeremy Hyman
Binita Jackson
Jillian Jaena
Rafael Jalles
Trevor Jarvis
Jimmy Jeudy
Christina Jones
Courtney Jones
Colette Josey
Alyssa Judem
Byron Kamande
Alissa Kamens
Stephanie Kane
Angelica Kanuha
Alexander Kaplan
Shaunna Kaplan
Dana Katz
Ashley Keane
Marcus Kearns
Tequia Kelly
Erica Kenney
Joseph Kenney
Bomee Kim
Cortney King
Lisa Knox
Briana Komola
Kristina Kotob

Payson Krell
Grace Ku
Kendal Kubitz
Staci Kula
Nicholas Kynoch
Jeremy Lach
Amanda LaChance
Tithy Lafontant
David Lambert
Stephanie Lamie
Madeleine Lauve
Andrew Leavitt
Ashley LeBlanc
Brian LeFort
Gabriella Lentini
Kathryne Lentini
Hayley Levine
Jorge Li
Rachael Liberatore
Cara Lichtenstein
Denise Lima
Christian Lopez
Floresmilda Lopez
Raquel Lorenzutti
Pedro Lucchese
Catherine Lukianov
Katherine Luna
Gregory Luperon
Joshua Lutch
Matthew Mackay
Alex MacKinnon
Ryan Maclean
Michael Macmillan
Joshua Magier
Matthew Magnani
Amanda Maguire
Erin Maguire
Salvatore Mandracchia
Erissa Mann
Shannon Manning
Mena Mansour
Kenneth Manzella
Carrie Marley
Maximilian Martinez
Justin Martino
Hector Mata
Janna Mateo
Kristina Matias
Kyle Matthews
Serease McCoy
Shannon McCullough
Ryan McNeil
Sameer Mehta
Crissy Mejia
Joyce Mello
Henrique Mendes
Marissa Merriam
Nina Merrill
Laura Micciche
Felecia Middleton

William Minnucci
Lucas Miranda
Bilal Mirza
Casey Mitchell
Kayla Mitchell
Ali Mohammad
Natalia Momtsios
Sheila Montas
Gabriela Monteiro
Victoria Monzon
Hector Morales
Steven Moretti
Jerry Morin
Ann Morlock
Emely Morrobel
Jeffrey Motha
Calvin Moy
Tarrah Muldoon
Justin Neal
Vietmy Nguyen
Ross Nicol
Michael Nikiforov
Leslie Ning
Priscilla Noble
Michael Noe
Sean Nugent
Andrew Nyamekye
Meghan O'Connell
Michael Ohrenberger
Jose Ordovas-Montane
Julissa Ortiz
Xiomara Ortiz
Patrick Ouma
Sandra Ozigbo
Tamara Pace-Emerson
Shawna Parker
Petros Parpos
Chhaya Patel
Neal Patel
Sara Pattison
Marco Paz
Andrew Pecorella
Gregory Penn
Nelio Pereira-Vaz
Juliana Pereira
Rozinne Pereira
Tali Perlov
James Piccirilli
Karen Pinnock
Stephen Pisano
Christina Podd
Heather Podoloff
Daniel Pogue
Sasha Polynice
Hygor Pontes
Robert Porter
Caroline Power
Erica Price
Jenny Quijada
Kyle Quinn

Elena Raben
Nicholas Ragozzino
Kelley Ratcliffe
Sarah Rattet
Angela Reuter
Jhomarys Reyes
Juan Reyes
Karina Ribeiro
Ryan Richards
Alden Richter
Jaime Rigopoulos
Caitlyn Riley
Colleen Riley
Adriana Robertson
Darlan Rocha
Katelyn Roche
Fernanda Rodrigues
Richard Rodrigues
Adam Rodriguez
Elmer Rodriguez
Raury Rodriguez
Suheily Rodriquez
Vinicius Rosado
Samuel Rosario
Joshua Rosen
Evan Ross
Edgar Roth
Andrew Rowles
Mark Rubackin
Jose Rubio
Gustavo Sa
Ronald Sadm
Milton Salazar
David Salomon
Alla Saltanovich
Phylicia San Soucie
Rebecca Sandler
Luz Santiago
Vanessa Santiago
Wilbert Santiago
Angelina Santos
Raquel Sarante
Lauren Savadian
Scott Savard
Nia Scafidi
Adam Schecter
Aline Schubert
Amy Schwartz
Cassondra Sekula
Benjamin Seligman
Gina Sementelli
Reena Shah
Scott Shalachman
Alexander Shannon
Melissa Sharrow
Tiffany Shaw
Jennifer Sherman
Kathryn Sherry
Kristin Shippee
Benjamin Shupe
Adrianne Sicotte
Adiel Silva
Jennifer Silva
Johanna Silva
Polliane Silva
Ruiteglan Silva
Mindy Simmons
Samantha Simpson
Elan Sinai
Reenat Sinay
Jayme Sinewitz
Shaked Sivan
Marina Soares
Dara Solivan

Brittaney Solomon
Roberta Souza
Shenae Spencer
Lauren Spigel
Alexandra Sprague
Daniel St. Hilaire
Rakiya Steans
Patrick Steiger
Alicia Stoveland
Angelo Suarez
Daniel Sullivan
Gisel Suriel
Ryan Sussman
Matthew Swiderski
Todd Swisher
Laurie Tabor
Jessica Taddeo
John Tao
Jeffrey Tardiff
Ricardo Tateyama
Natasha Taylor
Brendan Tibbert
Andrea Tilden
Michelle Tognacci
Melinda Toledo
Cindy Travaglini
Phoenix Tso
Christopher Tushim
Jennifer Udemba
Robert Udemba
Michelle Ungar
Caridad Valentin
Jessica Valentin
Daniel Valladares
Edgar Valladares
Sean Valukis
Michael Vantine
Joice Vaz
Lauren Verra
Maria Vidot
Stephany Villanueva
Michael Vinci
Robert Vivat
Alexander Volfson
Haroon Wahid
Randi Waldman
Rebecca Walis
Courtney Walker
James Walsh
Thomas Walterman
Julian Walters
Elaine Wang
Kevin Wang
Brandon Ward
Alison Waring
Marla Walters
Nicole Watts
Ariel Weissman
Elizabeth West
Matthew Wexler-Romig
Lindsay Whiting
Leah Williamson
Steven Wilson
Deanna Wolffe-Nicolan
Kelly Wong
Winson Wong
Jessica Wood
Debbie Wu
Eric Yong
Jasmine Young
Amanda Zahner
Derek Zetlin
Andrey Zholudok
Sam Ziegler

sublime

WILLIAM & MA
1693

7

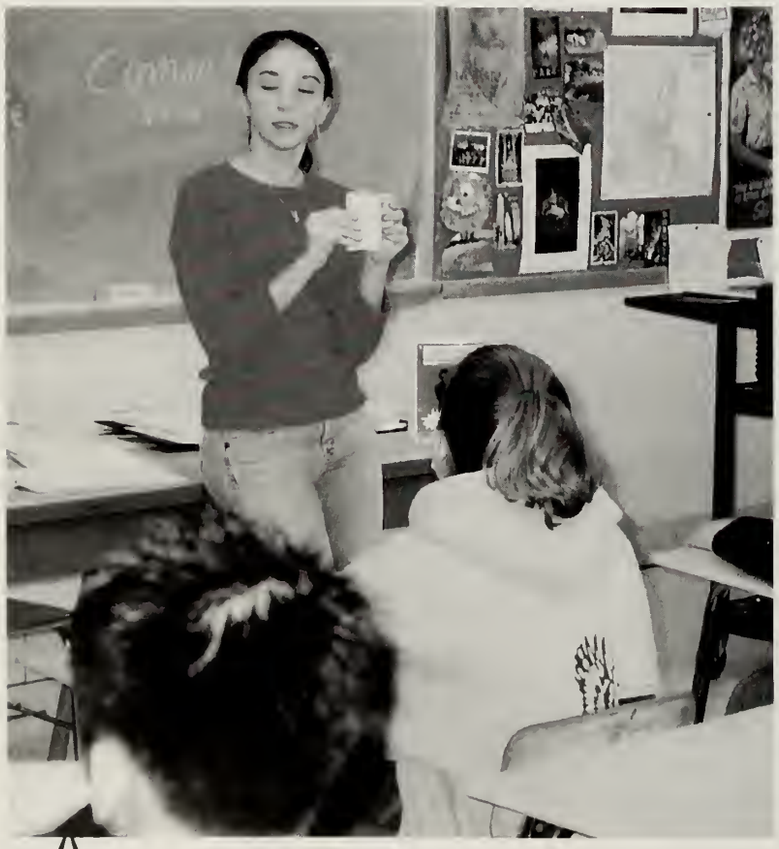
AERO

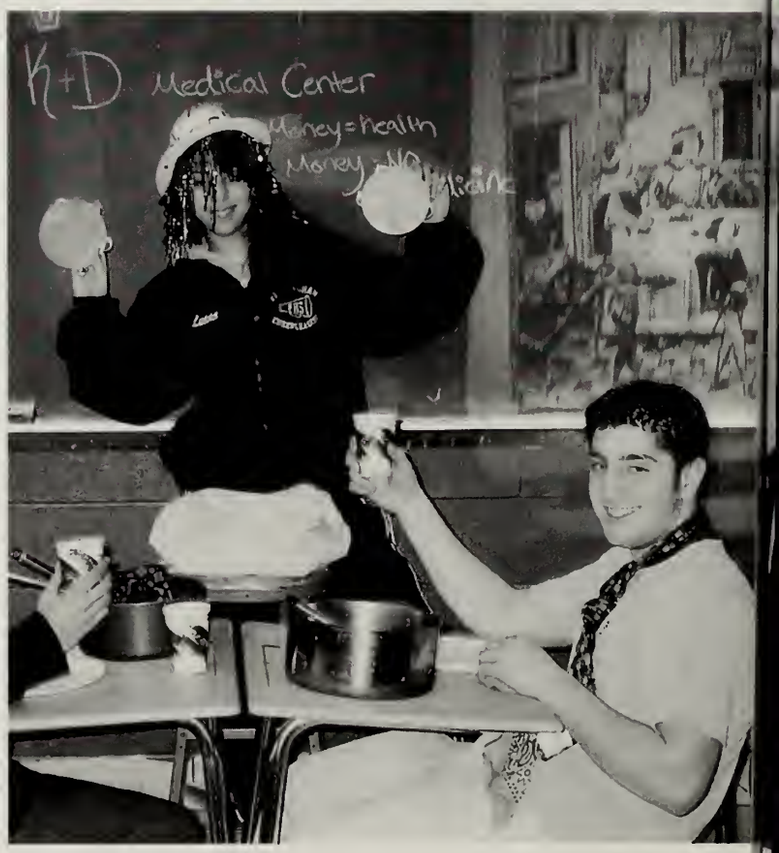
Calvin Klein

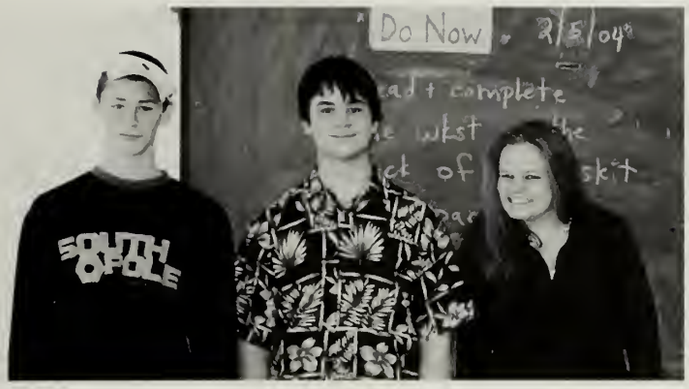
NEW

FLYERS
SWIMMING AND DIVING

RAIDER
NATION




K+D Medical Center
Money=health


Do Now
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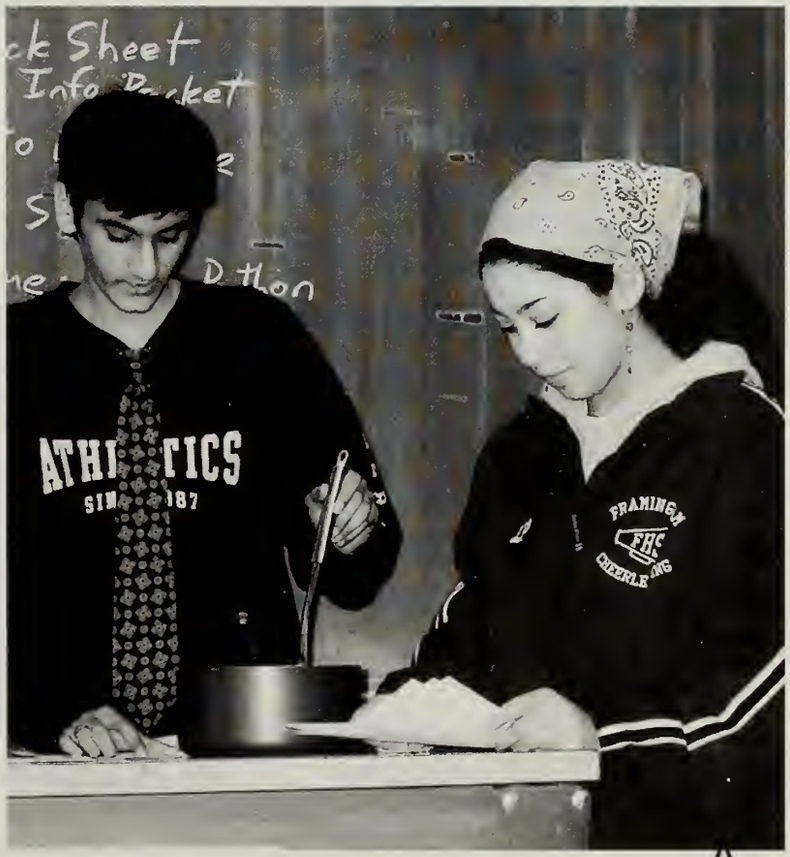
ABERCRIMBIE
NORTH RIDGE
BOARD FINALS


ATHLETICS
FRAMINGH
FHS
CHEERLEADING

Froshes

Katherine Ackerley
Jacqueline Adams
Jolene Adams
Mehtab Ahmed
Osman Ahmed
Razi Akhtar
Kate Alfano
Katherine Allen
Michelle Alter
Oscar Alvarez
Amy Alves
Bruna Andrade
Stephanie Andrade
Joanna Andreadis
Kristen Andrews
Theodorat Antoine
Billion Ao
Aaron Arata
Thassia Araujo
Thiago Araujo
Damaris Arevalo
Derek Arnolda
Eshima Ashema
Kingombe Ashema
Priscila Assis
Sara Atrous
Sofya Averbukh
Myles Aylward
Kristen Baptista
Hugo Barbosa
Jeffrey Barden
Joseph Barrile
Andrew Barroso
Arana Basbas
Christie Basile
Vinicius Basilio
Michael Batzer
Timothy Belcher
Denise Beliveau
Emily Ann Benway
Kevin Bergeron
Julie Berry
Danielle Bianco
Joao Bicalho
Sarah Binney
Christopher Bird
Steven Birenbaum
Brittany Blanford
Jinney-marie Blaski
Joshua Blease
David Blue
Alexander Bois
Douglas Bolanes
Jeffrey Bolkhovsky
Olga Bolkhovsky
Momduo Bomeh
Alexander Bonder
Katherine Bonilla
Melissa Bonilla
Robert Bonnevie
Tiffany Borden
John Borges
Andrew Boyer
Benjamin Bradley
Nathalie Brambila
Antonio Brandao
Bianca Bratkon
Marisela Brizuela
Danielle Brody
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Rebecca Crouse
Kristin Culcasi
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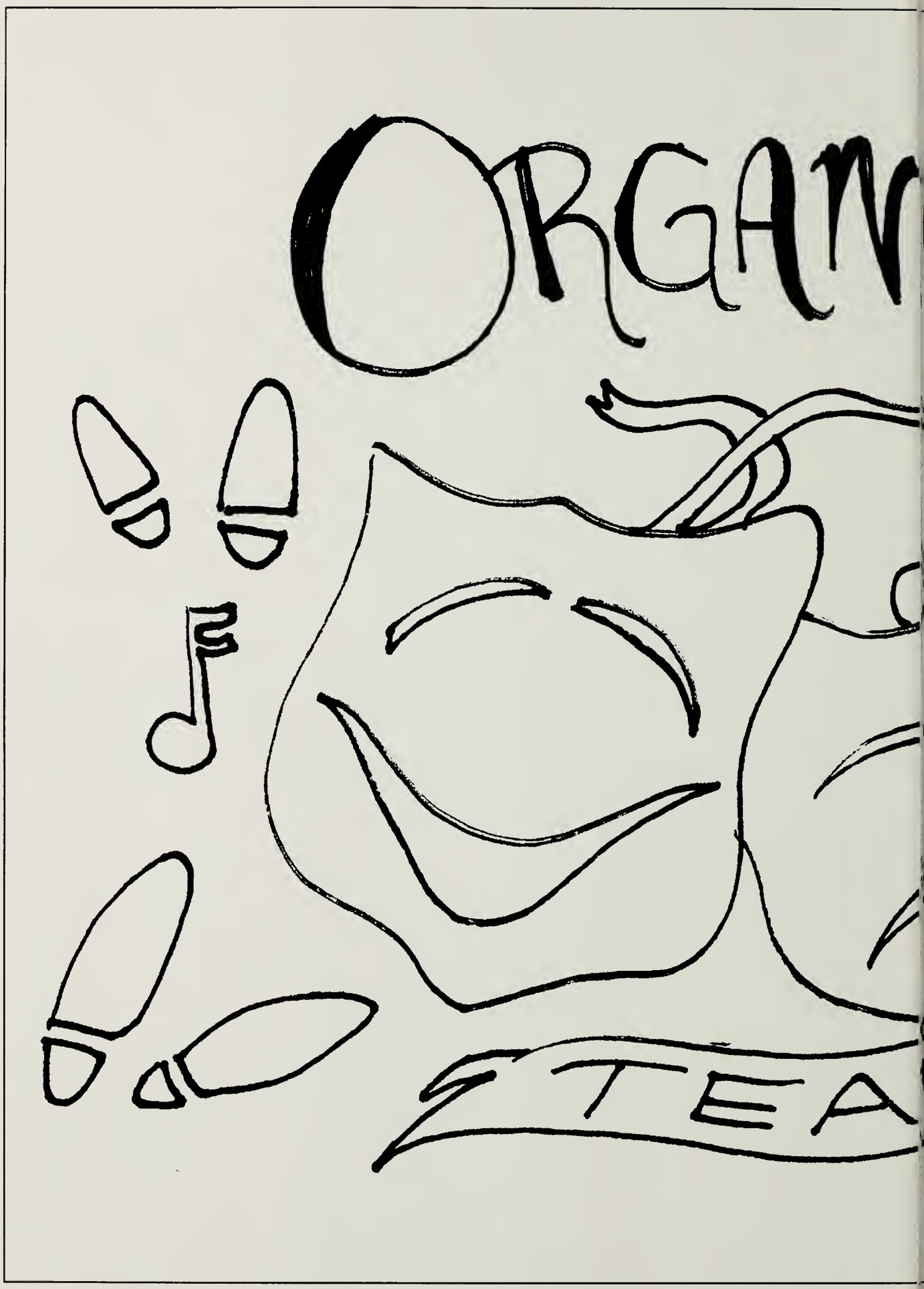
2007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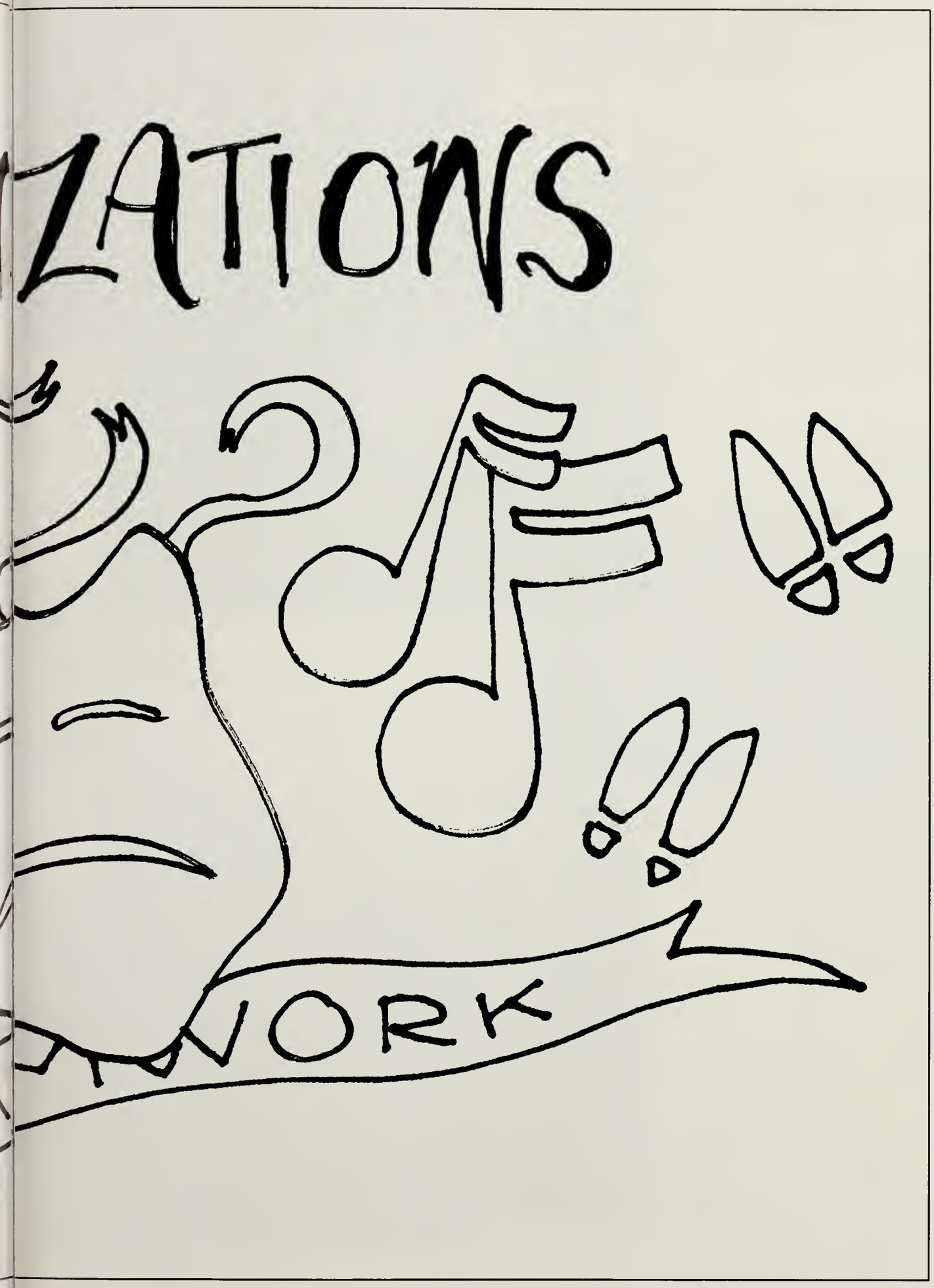
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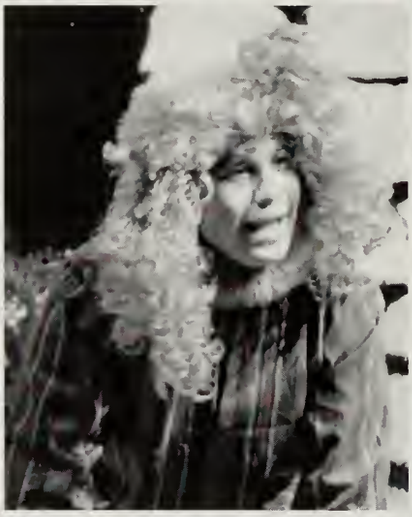

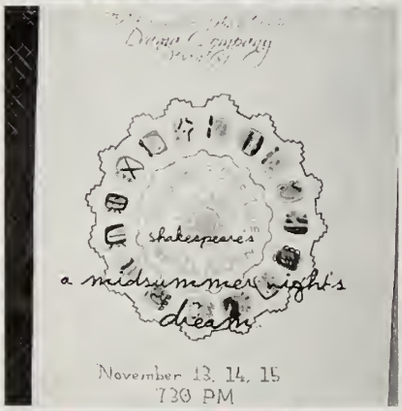
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Reflections

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FLYERS

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FLYERS
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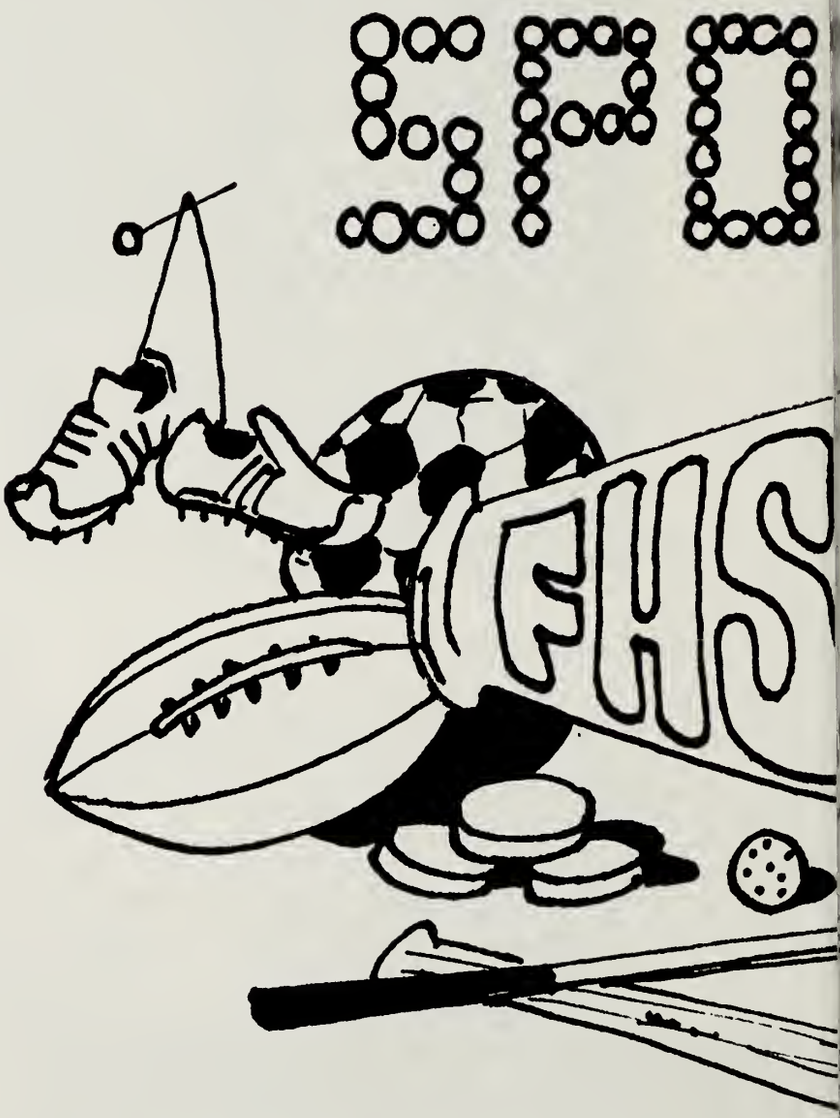
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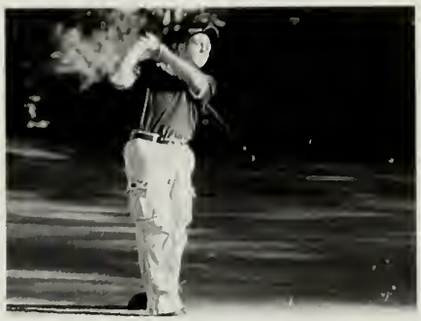

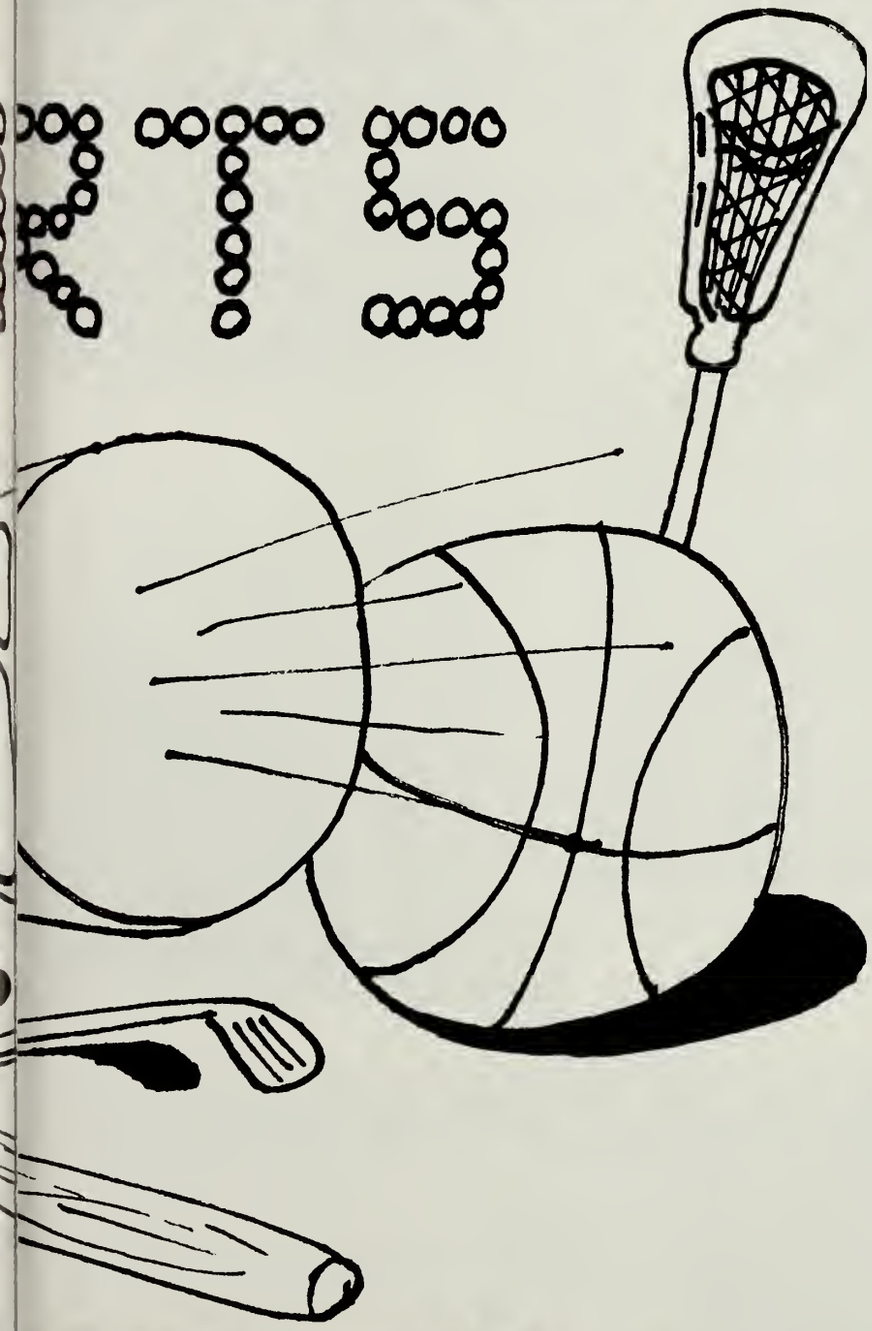

FLYERS
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Boys Soccer

"Toe it like Totti!" -Tim Galligan

Dom Fitzpatrick heads to the goal, setting up a goal.

Overall Record for 2003: 16-2-2

9/9/03	@ Needham
9/11/03	Walpole
9/13/03	Wheeler Cup- Natick
9/15/03	@ Braintree
9/17/03	Newton North
9/22/03	@ Wellesley
9/24/03	@ Weymouth
9/25/03	@ Natick
9/29/03	@ Brookline
10/1/03	Needham
10/3/03	@ Dedham
10/8/03	Braintree
10/10/03	@ Newton North
10/15/03	@ Milton
10/17/03	Weymouth
10/21/03	Norwood
10/31/03	East Boston
11/2/03	Madison Park

Left: Alex Wolf works the ball upfield during a home game.

Right: Tim Galligan makes a spectacular save at a home game.

Alain Akasa
Joe Andreazi
Nayden Barri
Icaro Coelho
Dagoberto Corrales
Brian Doyle
Tim Galligan, Captain
Michael Perlis
Aecio Oliveira, Captain
Alex Wolf
Peter Cayatte
Bryan Dressler
Dominic Fitzpatrick
Jeff Grover
Andy Holland
Neddie Murphy
Vinny Rosado
Chris Wasley
Rafael Jalles
Michael Nikiforov
Kyle Quinn
Darlen Rocha
Rui Silva
Conrado Santana

Flyers turn in another great year!

The Flyers' boys soccer team had a very sucessful season. Under the leadership of Tim Galligan, Aecio Oliveria, and Nayden Barri, and the watchful eye of Coach Avery, the Flyers made the tournament and were a Bay State Conference powerhouse, winning the Bay State league. Tim Galligan had many stellar plays on the field, consistently making big saves. The defense was led by Alex Wolf, Dom Fitzpatrick, and Petey Cayette, and turned in great performances almost every game. The midfield and offense had many stand out players such as Aecio Oliveria, Nayden Barri, Mike Perlis, Alain Akasa, and Bryan Doyle. We would like to say thank you for a great season, and wish next year's team the best of luck. Go Flyers!
-Tim Galligan

Captains Tim Galligan, Aecio Oliveria, and Nayden Barri

Girls Soccer

"A great season with the girls!"

Caitlin Bullock harasses the opposition!

Overall Record for 2003: 10- 6-1

9/9/03	Needham
9/11/03	@ Walpole
9/15/03	Braintree
9/17/03	@ Newton North
9/22/03	Wellesley
9/24/03	Weymouth
9/2503	@ Natick
9/29/03	Brookline
10/1/03	@ Needham
10/3/03	Dedham
10/8/03	@ Braintree
10/10/03	Newton North
10/15/03	Milton
10/18/03	@ Weymouth
10/21/03	@ Norwood
10/23/03	Brookline
10/28/03	Marian
11/01/03	Chelmsford

Left: Adrian Mobley moves the ball downfield.

Right:: Abi Whittier and Nikki Mackay slap hands after a goal.

L to R:
1st Row: Devin O'Leary, , Shaunna Kaplan, Julie Baskind, Coco Josey, Abi Whittier, Alex Hulme, Sara Pattison, Kristin Igoe, Petra Farias (coach)
2nd Row: Denise Beliveau, Caitlin Bullock, Maya Herscovici, Abbey Capobianco, Dee Denham, Laura Greenslit, Ashleigh Kay, Adrian Mobley, Whitney Gorovitz
3rd Row: Captains Nikki Mackay and Daniel Nugent

Great Spirit Leads to a Great Year!

After a grueling season, the Flyers girl's soccer team finished with a 10-6-1 record. Led by captains Nikki Mackay and Danielle Nugent, the Flyer's formed a unique bond both on and off the field. With strong games by Nikki Mackay, Abby Cappibianco, Julie Baskind, Alex Hulme, and Dee Denham, the Flyers were able to fend off many strong opponents. One highlight of the season was the Marian game, in which the Flyers beat their cross-town rivals in a thrilling game. Thanks to all the girls and the best of luck to next year's soccer team!

Field Hockey

Overall Record for 2003: 9-8-1

8/28/03	@ Bedford
9/10/03	Needham
9/12/03	@ Walpole
9/15/03	Braintree
9/17/03	@ Newton North
9/22/03	@ Ashland
9/24/03	@ Natick
9/29/03	Brookline
9/30/03	Wellesley
10/1/03	@ Needham
10/3/03	Dedham
10/7/03	Ashland
10/8/03	@ Braintree
10/10/03	Newton North
10/15/03	Milton
10/20/03	@ Norwood
10/22/03	@ Brookline
10/28/03	@ Gloucester

Field Hockey Seniors get together for a pose.

L to R:
Top Row: Asst. Coach Maura Dudley, Amy Schwartz, Reena Shah, Allison Drake, Melissa Sanclemente, Emma Hall, Lauren Dalton, Alexandra Salmon, Coach Ellen Sowa
Middle Row: Liz Denham, Tayrn O'Leary, Kristin Stoodt, Kelly Knox, Aly Wilensky, Ali Davis, Meg Hildreth.
Front Row: Captains Laura Litman, Julie Katz, and Beth Thompson

"Stick to Soul..."

Field Hockey had a pretty decent season this year. We lost many amazing players from '03, but the juniors and sophomores that made varsity worked hard to fill those spots. For their fourth and final season, the seniors practiced and played the best they could. Together the team tried to overcome all difficulties and make the best of our season. We had a lot of support from our coaches and the JV Coach, Leslie Chambers, as well. And of course, our fans were a great source of inspiration. Two rarely missed a game and the whole team would like to express our appreciation for Mr. Thompson and Mr. Dalton. They pumped up our team and that helped us to win enough games to make it into tournament. There we lost 1-0 to Gloucester, but everyone played a great game. It was a good season, especially for Ms. Sowa who received the Coach of the Year Award!
- Laura Litman

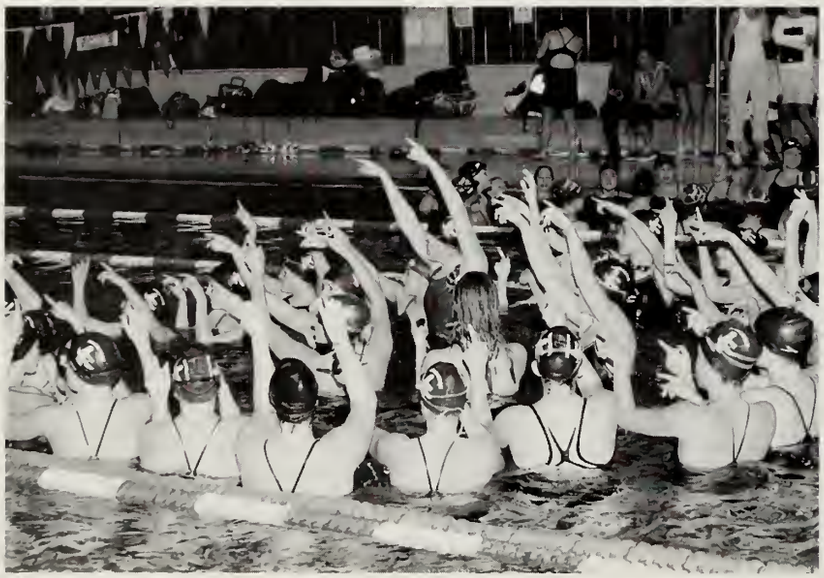
Above: Coach Sowa on the sidelines

Girls Swimming and Diving

"We've got chlorine in our veins & fins for feet."

Overall Record for 2003: 10- 6-1

9/9/03	@ Norwood
9/12/03	@ Newton North
9/16/03	Dedham
9/19/03	@ Braintree
9/25/03	@ Boston Latin
9/30/03	@ Acton-Boxborough
10/3/03	@ Needham
10/7/03	@ Walpole
10/10/03	Brookline
10/14/03	@ St. Peter Marian
10/17/03	Wellesley
10/21/03	Weymouth
10/24/03	@ Natick
10/30/03	BSC All Star Meet
10/31/03	BSC All Star Meet



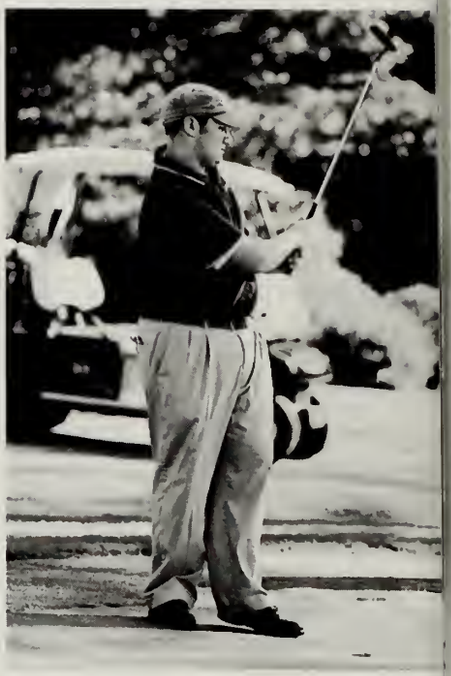
Hoopsk

"Can I get a HOOPRAH?!"

The girls' swim team had a very successful season, carried on the shoulders of the senior spirit on the team. With such enthusiasm, swimmers on the team including Sara Gorman, Kristin Mackie, and Angela Reuder broke personal records and were important catalysts in the many Flyer victories in the pool. Diving standouts Steph Duca and Athena Klokelis were huge factors on the springboard, each consistently racking up points for the diving team. Coach Foley provided the girls with inspiration and lended his hand in friendship to each girl on the team, creating the environment necessary to be successful as a whole. Still retaining a mindset to win, the girls on the swim team certainly never forgot to have fun and enjoy their fall season with their close friends as they swam side by side in the pool. This was certainly a season never to forget; good luck in the future.

Golf

"You cannot win the game, you can only play the game."
-Bagger Vance, from the movie, "The Legend of Bagger Vance"



We got off to a slow start this year, winning only two of our first eight matches. We played hard and rallied back to finish 8-8 and qualify for the Bay State Tournement. One of our tri-captains, Mark Hartry, won the All-Star Conference Match shooting a 73 and winning on the fifth playoff hole, which was amazing. All we can say is thank you to everyone who supported us and good luck to everyone in years to come.
-Tim Lawton

Overall Record for 2003: 8-8-0

9/2/03	Norwood
9/4/03	@ Needham
9/8/03	Walpole
9/9/03	@ Braintree
9/11/03	Newton North
9/15/03	@Wellesley
9/16/03	@ Weymouth
9/18/03	@ Brookline
9/24/03	Natick
9/29/03	Braintree
9/30/03	@ Newton North
10/1/03	Dedham
10/2/03	@ Milton
10/3/03	Neeham
10/7/03	Weymouth
10/9/03	Brookline
10/13/03	BSC Class Meet

L to R:
Top Row: Ryan Burg, Ryan Fannon, Jeff Tardiff, Mike James, Tom Munier, EJ Peterson, Noah Goodwin, Coach Garron
Bottom Row: Captains Tim Lawton, Mark Hartry, Jesse Menachem.

Girls Volleyball

Overall Record for 2003: 13-8

9/3/03	Hudson
9/6/03	@ Jamboree
9/8/03	@ Notre Dame-Hingham
9/10/03	Needham
9/12/03	@ Walpole
9/15/03	Braintree
9/17/03	@ Newton North
9/19/03	Wellesley
9/22/03	Weymouth
9/24/03	@ Natick
9/25/03	@ Ashland
9/29/03	Brookline
10/1/03	@ Needham
10/3/03	Dedham
10/8/03	@ Braintree
10/9/03	Notre Dame-Hingham
10/10/03	Newton North
10/15/03	Milton
10/17/03	@ Weymouth
10/20/03	@ Norwood
10/22/03	@ Brookline
10/28/03	Ashland

With a final record of 13-8, our volleyball season this year was a successful one. With six seniors on the team, experience helped us greatly. However, underclassmen and young players that were new to the team influenced our success immensely. We had an excellent start to the year, and our team ranked into the state tournament. The fun times we had together as a team and the aggravation we sometimes were forced to go through made this season unforgettable. Thank you to everyone on the team and to all who helped support us. Good luck to all the teams in the future.
-Jennie Rundlett

L to R:
Top Row: Coach Lefever, Lindsay Rich, Hannah Chase, Ashley Tyler, Maria Vidot, Gloria Chase, Courtney Jones, Catherine Cummings.
Bottom Row: Sarah Deloury, Maayan Carmi, Jennie Rundlett, Amanda Grochos, Stacy Lemeshow, Grace McNeil

Boys Cross-Country

"Running is a journey of self-discovery, and in the end, when all is said and done, you realize that what you're truly made up of is the chances you took, the pain you suffered, the moments you enjoyed, and the companionship you cherished."

Seniors Brian Leonard, Brian Schwartz, Greg Fulchino, Nate Klein, and Ilya Novak.

Overall Record for 2003: 6-5

9/9/03	@ Norwood
9/12/03	@ Needham/Newton
9/18/03	Dedham
9/24/03	Brookline
9/30/03	@ Milton
10/8/03	@ Weymouth/Braintree
10/15/03	Natick/Wellesley
10/21/03	@ Walpole
10/25/03	Bay State Confrence Meet

The 2003 Flyers' boys' cross country team had a great season this year. Led by senior captains Nate Klein and Greg Fulchino, the Flyers finished with a winning 6-5 record. Also contributing to the teams sucess were seniors Ilya Novak, Brian Leonard, Brian Schwartz, and Edwin Fernandez. Juniors Jeremy Green and Mason Stahl were very consistent throughout the year, and were among the many other great athletes on the team. The Flyers also saw strong performances from several underclassmen who will undoubtedly make up the core of the team's strength next year. Overall, it's been a great season, filled with many personal successes. We've had a lot of fun and I wish next year's team the best of luck!

-Nate Klein

Fulchino, Gregory (Captain)
Klein, Nate (Captain)
Leonard, Brian
Novak, Ilya
Schwartz, Brian
Fernandez, Edwin (Not Pictured)
Camiel, Ben
Carrozza, Brian
Connolly, Kevin
Epstein, Eli
Cleveland, Dan
Green, Jeremy
Savoca, John
Stahl, Mason
St. Hilaire, Dan
Steiger, Pat
Vivat, Robbie
Volfson, Alex
Wang, Keving
Wexler-Romig, Matt
Birenbaum, Steven
Bois, Alex
Cartwright, Graham
Chimielinski, Alex
Cho, Jason
Curtis, Nick
Gilligan, Gerry
Lee, Danny
Lee, Derek
McIntyre, Jeremy
Soo Hoo, Nick
Sterlace, Jared
Tashman, Ethan
Wells, Justin
Wilenski, Jared
Wray, Bill

Girls Cross-Country

"A great season for a great group of kids!"

Overall Record for 2003: 1-10

9/9/03	@ Norwood
9/12/03	@ Needham/Newton
9/18/03	Dedham
9/24/03	Brookline
9/30/03	@ Milton
10/8/03	@ Weymouth/Braintree
10/15/03	Natick/Wellesley
10/21/03	@ Walpole
10/25/03	Bay State Confrence Meet

We had a great season! This was the biggest team we've ever had, with thirty girls participating. Though we were unlucky at times, we continuously improved throughout the season and we all know that we had a blast. Even with the loss of a strong senior class, the young team has a fast future ahead of them, and we wish them the best of luck. We'll never forget all the great times we've had together! Thanks girls!
-Lauren Power and Erica Rafferty

Lauren Power (Captain)
Erica Rafferty (Captain)
Jill Generazio
Voni Lane
Kristin Schlemmer
Laura Benjamin
Ana Carvalho
Amanda Gloski
Barbie Hsu
Elyce Kirkland
Christina Magnani
Sarah Mailhiot
Kelly Miles
Danielle Moore
Liz O'Day
Ashley Ross
Jennifer Corrales
Elizabeth Daly
Jocelyn Ennis
Helen Gao
Shayne Gonzales
Xayrined Gonzalez
Binita Jackson
Linda Momtsois
Reenat Sinay
Phoenix Tso
Kate Alfano
Olga Bolkhovsky
Christelle Carito
Genevieve Davis
Cheryl Feinstein
Kim Fitzgerald
Rachel Gotlib
Ivy Howell
Jaclyn Levine
Shane Maxwell
Maegan McGlone
Jennifer Meunier
Corinne Myers
Adelle Renzello
Brandi Ruiz
Casey Stanton

Cheerleading

"When you're a Flyer, you rule the sky!"

Above: Hadar Duek posing during a football game.

L to R:
Top Row: Danielle Metcalfe, Jesse Tracy, Abi Whittier, Ronna Boyer, Sara Fisher, Angela Lawson, Vilma Nieves, Lauren Kelley, Lauren Smith, Danielle Lawson, Alex Dolmacy.
Bottom Row: Randy Waldman, Tina Cicciu, Nia Scafidi, Jilly Goodwin, Athena Klokelis, Hadar Duek, Hallie Filreis, Megan Rizzo.

Cheerleading IS a Sport...

The Framingham Cheerleaders had a great year. Not only have we competed in the Bay State League Competition and the Regional Championship, where we recieved third place, but we also qualified to compete for the state title. The entire team works very hard and puts in many grueling hours each week to prepare for what we hope will be a bid to the National Championship, which this year is being held in Tennesee. The energy and charisma we have is what keeps the team alive with spirit and pride for our town. The nine seniors on the team have set a great example of excellence for their younger teammates. At the same time, the new fresh faces on the squad have stepped it up to reach the level of excellence set by the more experienced cheerleaders. Through the encouragement of an amazing coach, Sue Pereira, the level of determination to suceed soars sky high. Despite many injuries and struggles to meet deadlines for creating our routine, this year has been nothing but sucess. Congratulations are in order for all of my fellow cheerleaders who have worked so very hard. The tough times may be intolerable, but in the end, "When you're a Flyer, you rule the sky!"
-Hadar Duek

Captains Lauren Smith and Hadar Duek

Football

"Tough Season Brings Team Closer..."

It is through a lackluster season that our team has been brought closer together. The spirit and attitude of our team has been nothing but commendable. The team started out the season with strong performances in the first few games. Led by captains Jason Swartz, Henry "Big O" Ohrenburger, Lenz Bayas, and Filipe DeSilva, the Flyers stuck together as a team throughout the tough times. The Flyers had consistent performances from kicker/wide receiver Kevin Hanlon, wide receiver/defensive back Kevin Garron, as well as great games from the likes of Brad Peterson, Steve Berelli, Mike Crouse, Dorzell Porter, as well as the rest of this year's team. The fans stuck with us through the whole season, alway there to support us at our home games. Thanks for the support and good luck to the returning players next season.

Overall Record for 2003:
0-11

8/29/03	@ Leominster
9/5/03	Fitchburg
9/12/03	Dedham
9/20/03	@ Brookline
9/28/03	@ Norwood
10/3/03	@ Milton
10/10/03	Needham
10/17/03	Braintree
10/24/03	Walpole
11/1/03	@ Newton North
11/7/03	Wellesley
11/14/03	@ Weymouth
11/27/03	@ Natick

Fisher, Adam L
Beliveau, Christopher R
Montano, Marco L
Ahanotu, Emmanuel L
Vial, Gleydson S
Dmir, Ja-Far N
Holland-Hagan, Alfonzia

Gaudette,Jay
Bayley, Daniel R
Swartz,Jason
Sullivan, Nolan R
Lawson, Jonathan D
Ohrenberger, Michael F
Sturniolo, Joseph J
Harrington, Joseph M
Cheung, Ming N
Asum, Michael Y
Leone, Keith R
Crouse, Michael L
Johnson, Lee-Austin
Akins, Antoney
Gibson, Justin A
Noe, Michael C
Lutchen, Matthew J
Borelli, Stephen F
Brooks, Michael A
Sullivan, Michael A
Shannon, Timothy L
Ohrenberger, Henry W
Rodriguez, Raury R
Pratt, John J
Guarino, Nicholas E
Entwisle, Jonathan H
Waithe, Jesse P
DeFlorro, Michael R
Maziya, Grisha N

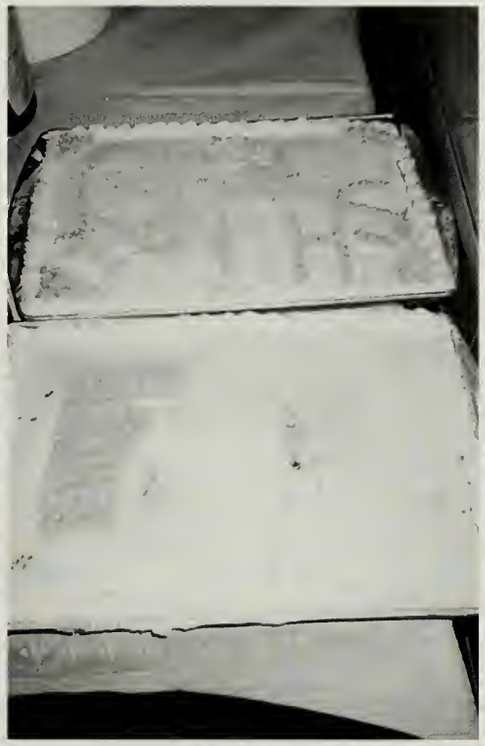
Zompetti, Brian E
Akasa, David D
Swiderski, Matthew T
Hanlon, Kevin P
Wakstein, Tyler A
Luperon, Gregory D
Petersen, Brad M
Hayes, Jonathan B
Kponou, Biko A
Porter, Dorzell C
DaSilva, Filipe A
Vinci, Michael J
LeFort, Brian J
Garron, Kevin C
Rosa, Miguel A
Rocha, Marcos A
Castillo, Jose A
Rubio, Jose F
Jones, Stefan A
Curtis, Danny
Gordon, Oquino A
Cardenas, David P
DeRosa, Nicholas M
de Carvalho, Jonathan A
Davis, Troy
Martino, Justin D
Bayas, Lenz K
Hauck, Charles E

Dance Team

Heh Heh Allllrrriiiggggghhhhttt

Armed with precision performance and some of the best moves around, these Flyers rocked. You could always see them doing their thing and showing us what it's like to really dance. Seniors made up a strong part of the team with leaders such as Whitney White, Jackie Walsh, Emily Schwartz, and Sarah Bablouzian. They had a lot to get done to coincide with the Flyers football season, wanting nothing more than to perform and entertain. Juniors made a huge impact on this year's team with shoutouts to Katie Nolan and Jill Beddoe. They showed us their moves during the two rallies and proved that choreography isn't held to the celebrities in Mr. FHS. Second year coach Ms. Garabedian had her hands full with this feisty crew. Finding places to practice was sometimes its own a challenge, but no matter what, they found a place and were constantly dialing in their moves. We can expect to see this team and some new, exciting moves rocking the field and the courts next year.

Flyer Fanatics! We're fanatic about our sports!



There's nothing better than students supporting our own teams; except the faculty going insane on the sidelines. The Flyer Fanatics have been to the games, always finding ways to rally to the cause, boosting morale, and just having an awesome time. They can often be found at numerous events outside of school. Barbeques are their specialty and they love to grill up a storm. Each game isn't just a game, it's a party. Friends, fanatics, and students unite to cheer this school to victory. Supporters include everyone from your favorite math teacher, that vibrant gym teacher, or the ever so friendly grade administrator.

Girls Basketball

12/9/2003	Dover/Sherborn
12/12/2003	@ Sharon
12/16/2003	Needham
12/19/2003	@ Walpole
12/22/2003	Braintree
1/2/2004	@ Newton North
1/6/2004	Wellesley
1/9/2004	@ Weymouth
1/13/2004	Brookline
1/16/2004	@ Natick
1/20/2004	@ Needham
1/23/2004	Dedham
1/27/2004	@ Braintree
1/30/2004	Newton North
2/3/2004	Milton
2/9/2004	@ Weymouth
2/10/2004	@ Norwood
2/12/2004	@ Brookline

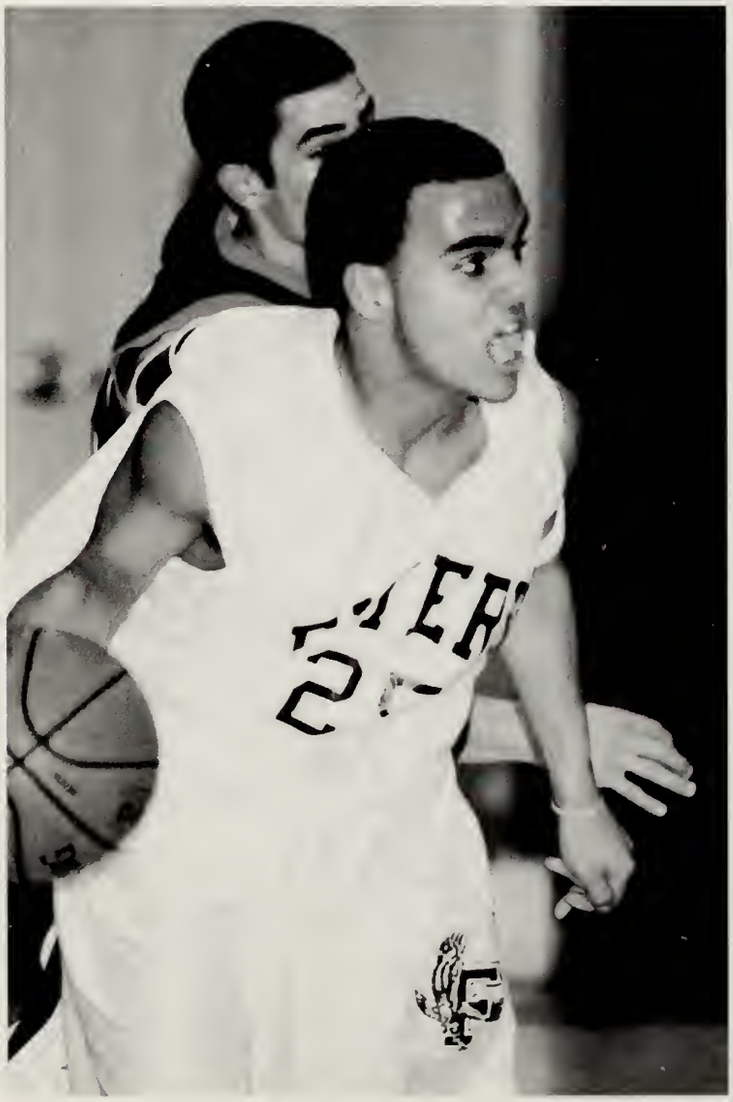
The Girls Basketball Team is *Money*...

The 2003-2004 girls basketball team is a special group of young athletes. In over six years of playing basketball, I have never played with a more relentless, tenacious, and dedicated group of girls. Whether it be during practice or on a game day, Jessie, Sara, and I could always count on everyone to become self-motivated in all they do - and because of that, our job as captains becomes easy. The success and talent of this team cannot possibly be summarized by our impressive record alone. I think the greatest accomplishments of this team include bonding as a team, overcoming adversity, and learning the importance of discipline and dediction. I know I speak for Jessie and Sara as a tri-captain in saying Congratulations on an amazing season and thanks for your hard work all year.

-Niki Savageau

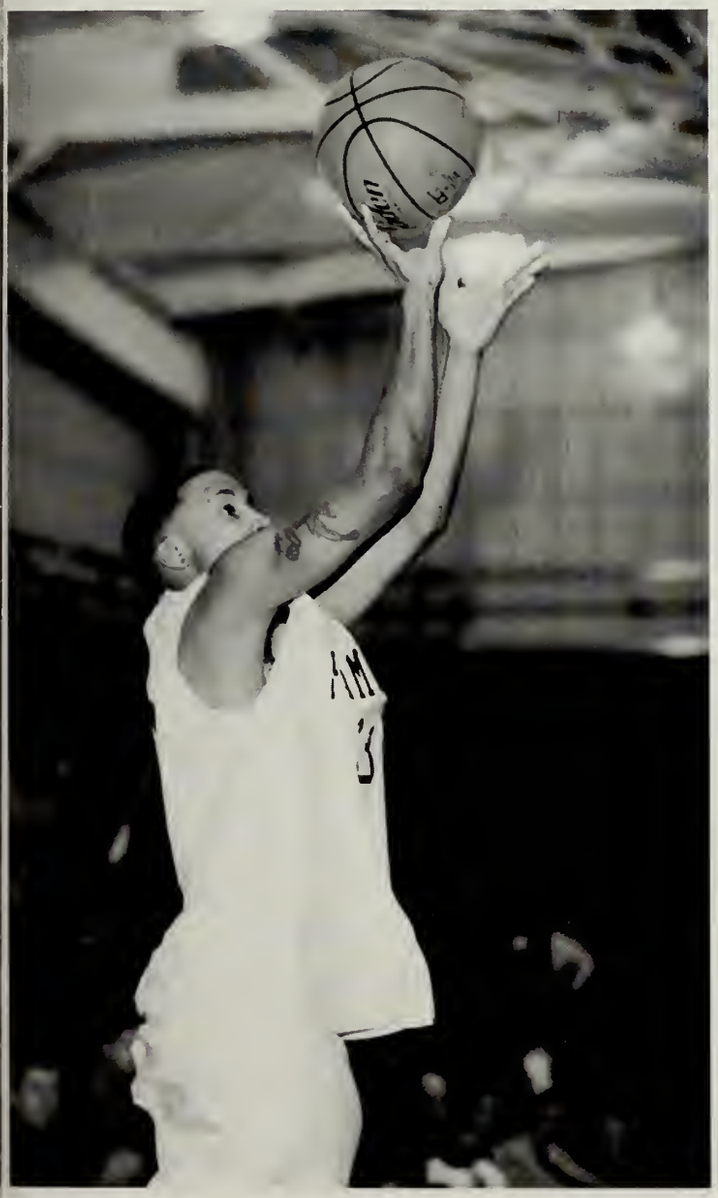
Boys Basketball

12/5/2003	@ Concord Carlisle
12/10/2003	@ Ashland
12/13/2003	@ Xaverian
12/16/2003	@ Needham
12/19/2003	Walpole
12/22/2003	Braintree
1/2/2004	Newton North
1/6/2004	@ Wellesley
1/9/2004	@ Weymouth
1/13/2004	@ Brookline
1/16/2004	Natick
1/20/2004	Needham
1/23/2004	@ Dedham
1/27/2004	Braintree
1/30/2004	@ Newton North
2/3/2004	@ Milton
2/9/2004	Weymouth
2/10/2004	Norwood
2/12/2004	Brookline
2/15/2004	@Acton Boxborougl



Making Strides Wherever We Go....

The 2003-2004 boys basketball team had a successful season this year. Lead by senior captain Arch Mitchell, seniors Matt Meservey, Mike Perlis, Chris Flood, Dorzel Porter, Alain Akasa, and Miguel Rosa all made significant contributions to a highly motivated team. In conjunction with a powerful senior squad, Danny Jones and Davin Rozowsky put their best foward in decisive games to pull out important wins. As the team watched Arch Mitchell make his thousandth point, players continued to keep up their intensive play for the remainder of the season. Overwhelmingly defeating town-wide rival Natick was a clear high point in the basketball season, along with the many close victories decided by the relentless squad of players. Watching from the sidelines of a newly renovated gymnasium, Coach Tarlin guided the team through ups and downs, providing support to each of his players. The boys basketball seniors leave behind a talented group of juniors who hopefully will continue the success of the program next year.

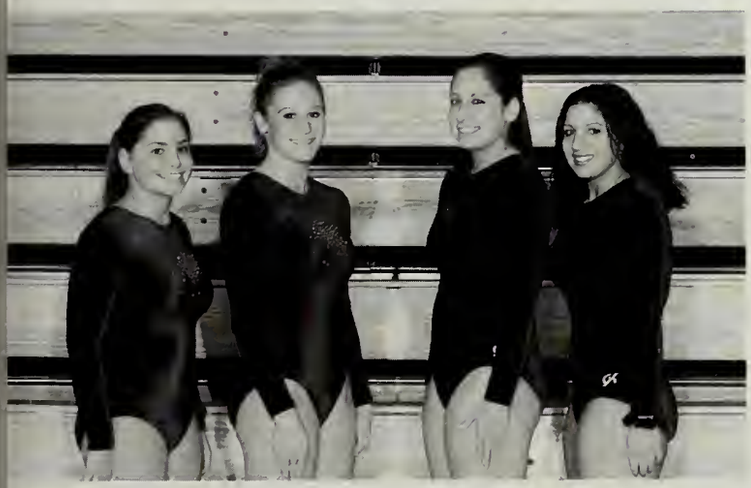


Gymnastics

12/16/2003	@ Ashland/Holliston
12/19/2003	@ Brookline
1/5/2004	@ Norwood
1/9/2004	@ Medfield
1/13/2004	Needham
1/16/2004	Braintree
1/20/2004	Walpole
1/23/2004	@ Newton North
1/27/2004	Wellesley
1/29/2004	@Weymouth
2/3/2004	@Natick

YOU KNOW!

The girls gymnastics team continued their stretch of success this season with another undefeated record of 11-0. Seniors Lauren Smith, Hallie Filreis, Ronna Boyer, and Helene Trompeter carried the their team to outstanding victories this winter, with much help from Athena Klokleis and Shawna Costello. With a strong core of girls with lots of experience, the team overcame injuries and managed to overwhelm many teams in all events. Each girl demonstrated a high degree of skill on the uneven parallel bars, the balance beam, the vault, and floor exercise. Even with chalk covering their hands and leotards, the girls on the gymnastics team engaged in continuous camraderie with team members in and out of the gym. The seniors of this year leave behind many talented team members including Shawna, Athena, and the recovering Jenny Burg, all of which are sure to continue the success of the gymnastics team next year. A dynasty has been created in Framingham and it's better known as the girls gymnastics team, guaranteed to turn heads for years to come.



Girls Hockey

Slap that puck, baby!

Overall Record for 2003-2004:

12/5/03	Martha's Vineyard
12/13/03	Needham
12/15/03	Barnstable
12/20/03	Braintree
12/21/03	@ Martha's Vineyard
1/3/04	@ Newton North
1/7/04	Wellesley
1/8/04	Dedham
1/14/04	Brookline
1/19/04	@ Needham
1/22/04	Natick
1/24/04	@ Dedham
1/26/04	Woburn
1/28/04	Braintree
1/29/04	Bostin Latin
1/31/04	Newton North
2/4/04	Milton
2/8/04	@Boston Latin
2/11/04	@Norwood
2/13/04	@Brookline
2/16/04	@Wellesley

The Flyers' girls hockey team, led by captains Nikki Mackay, Alison Kelley, and Abby Capobianco, hope to improve on last season. Following the lead of the captains are many other stars, including, but not limited to, Jenna Abelli, Lawana Da Costa, Lauren Matias, and Shannon McCullough. As usual, the Flyers rely on the impressive play of Alison, Nikki, Abby, Shannon and Lauren. With Lawana anchoring down the defense as the netminder, the Flyers have had a fun season, and although not the most sucessful of seasons, this will be one to remember. Good luck next year to the Flyers girls hockey team.

Boys Hockey

Mediocrity is Unacceptable

Schedule for 2003-2004:

12/8/03	@ Billerica
12/13/03	@ Xavarian
12/17/03	Walpole
12/20/03	@ Braintree
12/23/03	Arlington
12/27/03	BC High
12/31/03	@ Needham
1/3/04	Newton North
1/7/04	@ Wellesley
1/10/04	@ Weymouth
1/15/04	Brookline
1/19/04	Natick
1/21/04	Needham
1/24/04	@ Dedham
1/26/04	@ Hingham
1/28/04	Braintree
1/31/04	@ Newton North
2/4/04	@ Milton
2/7/04	Weymouth
2/9/04	Springfield Cathedral
2/11/04	Norwood
2/18/04	Matignon
2/20/04	Norwood

The boys hockey team is off to a great start, already qualifying for a tournament bid. With an insane amount of seniors and a strong group of underclassmen, the boys proved to be fun and entertaining to watch at every game. Starting the season off strong, there was much talk of a Super Eight berth. Playing well against non-league opponents, the Flyers compete in the Bay State Conference, but had trouble against some teams. After losing superstar sniper Willy Ortiz, the Flyers picked up the slack, with Robbie Centore launching himself on a scoring streak. Also contributing on the "Italian Line" are Pat Galluzzo and Freddie Simone, living up to the hype that has surrounded them since they formed as a line this year. Adam VanBuskirk, always great on face-offs, has become an animal down low on the forecheck, and, using his speed rather than his size, is able to knock his opponents off their feet with solid hits. Tommy Pisano, Billy Pescosolido, Jake Clew and Brandon Stacey are the defensive anchors, and other forwards include Brendan Manzella, Scott Savard, Danny Sullivan, Tim Ward, EJ Peterson, and Sean Davis. Starting in net for most of the games is superstar Rocco Devito, who always is exciting to watch no matter what the score. The Flyers, and Coach Paul Spear, hope to finish the season strong, and win a State Championship, which would be fitting for this group of seniors, most of which have played together since they were five years old. Good luck to the teams of the future.

Indoor Track

The boys always stick together!

The boys' indoor track team began the season with high hopes for a successful season. However, the team did not perform as well as they had hoped overall in the conference, which was due in part to injuries involving several key runners. The team did see several great individual improvements and performances from everyone: freshmen, sophomores, juniors and seniors. This year's strong underclass representation should give a strong foundation to future teams. Good luck and best wishes to the Class of '04!

Where a girl can be a girl!

The girls' indoor track team had a great season. It's a young team with a lot of new talent. There were a lot of personal records at every meet amongst the jumpers, throwers, hurdlers, sprinters, and distance runners. A few talented team members were able to qualify for Class A's, including: Olga Bochovsky, Laura Greenslit, Lauren Power, Barbra Fandell, Amy Schwartz, and our pal Yanilka. With the solid group of underclassmen, the upcoming indoor teams, as well as the outdoor track and cross country teams, will obviously benefit from the talent.

Boys/Girls Indoor Track Schedule:

12/18/03	Newton North
12/20/03	Invitational
12/23/03	Braintree I
1/4/04	Red Auerbach Invitational
1/9/04	Needham
1/18/04	State Relays
1/22/04	Weymouth
1/25/04	McIntyre Relays
1/29/04	Brookline
1/29/04	Inter-divisional
2/1/04	Coaches Invite
2/2/04	BSC Jamboree
2/4/04	State Qualifier
2/11/04	BSC Class Meet
2/15/04	State Qualifier
2/21/04	All State Meet
2/27/04	New England Meet

Boys Swimming and Diving

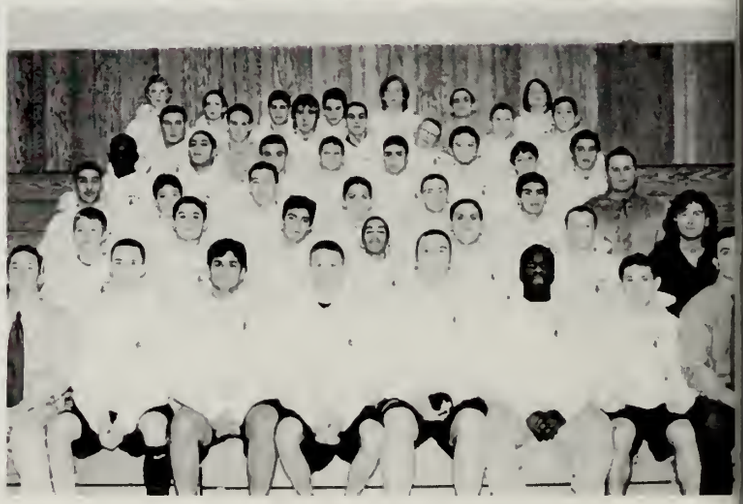
A record setting year of epic proportions. The boys were out to win this year and win they did. Having won more than any other team, the team continues to hold the Bay State Conference title, overwhelming their conference. Placing in the top 3 at both the sectional and state meets, this team has reserved its place in the books. While some continued to set the pace, some of these Flyers set the records. In the 400 Free Relay Joe Semetelli, Chris Bott, Jared Courville, and Ivor Asztalos set the record at 3:24. Individually, Chris Bott set the 500 Free at 4:46.06 and Joey Semetelli set the 100 Fly at 54.0. These two captains lead the team as all-around swimmers, Bay State League and Metrowest Daily News All-Stars and both are MVP's. These guys are not the only fish in the pond, Eric Becker, Joey Iodice, and Rafi Yagudin also rock the water. Ivor Asztalos will have a challenge filling their void, but it shouldn't be that hard as he is the top breaststroker this year, along with being a Bay State League All-Star. No doubt this team will continue its reign as Bay State League champs and rule the competition. Edwin Fernandez also made his impact as an incredible diver. A large team backed by steady and vibrant coaching, this team will no doubt go far. Keep swimming guys!

12/17/2003	@ Weston HS
1/6/2004	@ Brookline High School
1/14/2004	@ Xaverian HS Dedham HS
1/16/2004	@ Wellesley High School
1/23/2004	@ Needham High School
1/27/2004	@ Natick High School
1/30/2004	@ Newton North High School
2/11/2004	@ BSC Meet
2/12/2004	@ BSC Class Meet

"Use 'em if you got 'em."

Wrestling

12/16/2003	@ Dedham High School
12/20/2003	@ Wayland Holiday Tournament
12/23/2003	@ Needham High School
12/27/2003	@ Holliston Holiday Tournament
1/3/2004	@ Springfield Central Tournament
1/6/2004	@ Wellesley
1/10/2004	@ New Beford/Taunton/Xaverian
1/13/2004	@ Newton North High School
1/17/2004	@ Woburn Tournament
1/21/2004	@ Brookline High School
1/24/2004	@ Somerset Dual Meet Tournament
1/27/2004	vs. Milton High School
1/31/2004	@ Norwood/Walpole/Braintree
2/3/2004	vs. Weymouth High School
2/7/2004	@ Natick High School
2/13/2004	@ Sectionals
2/14/2004	@ Sectionals
2/15/2004	@ Divisional Meet
2/20/2004	@ Division 1 States
2/21/2004	@ Division 1 States
2/28/2004	@ All State Meet



Shoot'em up, take'em down!

The toughest sport, these guys are nothing but dedicated to make it through the season. This is a world where 6 minutes is a lifetime, endurance is a must, and style gets serious results, but above all, pain must be controlled. This season was dominated by the senior class with strong backup from the underclassmen. Kevin Hanlon was an unbelievable force, defining the word "tough," along with the powerhouse Henry Ohrenberger. Other stars include Mike Assum and Divij Bhatia. Making a drive for next season, young guns Zack Forman and Alex Gilman, will be definite impacts. Coach Jon Kanavich, an incredible wrestler himself with an impressive past, led the team this year, never afraid to jump in and show a few moves. The team always knows how to have fun with games before practice and crazy warm-ups, but they absolutely know how to get down to business. These dedicated few in the many weight classes know what it is to be tough, but they never give up until the referee slaps the mat and raises their hands. Next season looks optimistic for this growing team and we know they'll be ready for whatever gets in their way. An individual sport backed by team effort make this sport and this team a true family.

Boys Lacrosse

"One Game at a Time"

No matter what, we've always had fun. We've had a young team for the past few years, but this is the year for the seniors to step up. Senior leaders include Alex MacMillan, a huge impact in goal, along with defensemen Eric Doody, Eric Rollo, and Ryan Abelli. These guys tear it up and will dominate this year. The attack have been working really hard and we're going to expect a lot out of them this year. Led by Matt Leary, Scott Flanagan, and Nolan Sutherland, we'll definitely be on the board. I love my midfield with Brett Hovanec's speed and Kevin Garron's agility. Brad Peterson and all of the other middies will also be huge contributors. Mason Stahl and Alex Gillman always work hard and get things going. No one gets down and we're all like brothers. We have a lot of fun and joke around on and off the field. We've come together and I'm grateful that I played lacrosse. Growing up with these guys has been awesome. Coach Zanella has always treated us as equals, but he also knows how to get us to work. Nothing's better for me than the first faceoff of the year. Lacrosse is just great, we run around with sticks and beat each other up and for most of us, this is a year round sport. From the practices in the snow to the pasta parties and the crazy hot days, we always have fun.
-Bo Lewis

Returning Varsity Players:
Kevin Garron
Bo Lewis
Brad Peterson
Alex Gilman
Eric Rollo
Matt Leary
Scott Flannigan
Nolan Sutherland
Ryan Abelli
Andrew Crea
Brett Hovanec
Mason Stahl
Jason Swartz
Eric Doody
Coach Zanella
Coach Contin
Alex Macmillian

Boys Tenative Varsity Lacrosse Schedule:

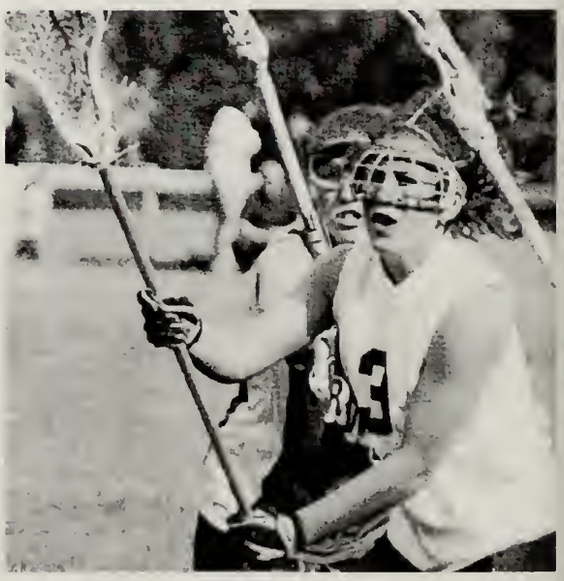
Tue.	March 30	@ Newton North	4:00
Fri.	April 2	@ Dedham	4:00
Wed.	April 7	Braintree	4:00
Tue.	April 13	Weymouth	4:00
Thu.	April 15	@Winchester	4:30
Sat.	April 17	@ South Hadley	10:00
Sat.	April 24	@ Waltham	11:00
Tue.	April 27	@ Needham	4:00
Fri.	April 30	Natick	4:00
Tue.	May 4	Brookline	4:00
Fri.	May 7	Newton North	4:00
Mon.	May 10	@ Walpole	4:00
Wed.	May 12	@ Braintree	4:00
Fri.	May 14	@ Weymouth	7:30
Tue.	May 18	Wellesley	4:00
Fri.	May 21	Needham (N)	7:00
Mon.	May 24	Milton	4:00
Wed.	May 26	@ Brookline	4:00

Girls Lacrosse

Looking to make this season even better than the last!

Returning Varsity Players:

Jenna Akasa
Julie Baskind
Kaitlin Bullock
Lawana Da Costa
Jamie Dannenberg
Emma Hall
Alexandra Hulme
Shaunna Kaplan
Ashleigh Kay
Marisa Kenney
Nicolette Mackay
Danielle Nugent
Gillian Spealman
Helene Trompeter
Abigail Whittier
Jessica Zakar



The girls lacrosse team is hoping to build on an already great team. With many returning seniors and juniors, the Flyers are hoping to advance even deeper into the tournament this year. With Abby Cappibianco and Nikki Mackay leading the way on offense, the Flyers will look for juniors Jessie Zakar, Alex Hulme, and Julie Baskind to step up their already explosive offense. Sophmores Jenna Abelli, Emma Hall and Shauna Kaplan should also provide assitance on the field. Danielle Nugent, Caitlin Bullock, and Ashleigh Kay are all much improved from last year and hoping to make an impact on the team this season. With this potent talent pool, the Flyers girls lacrosse team's season promises to be a fun and exciting experience, and hopefully a winning season.

It's all in the Attitude

Baseball

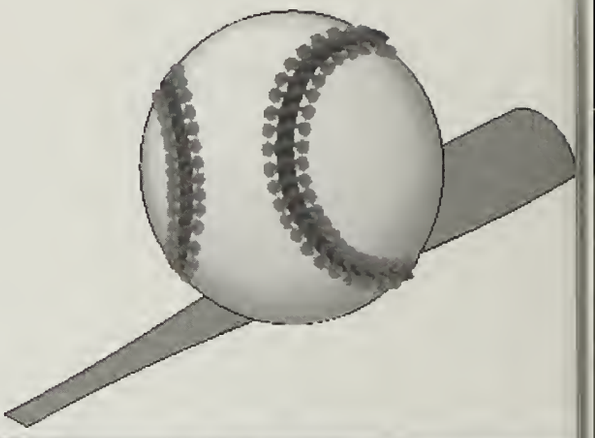
Swing for the fences!

The team had a good time last year and everyone played really well. Even though they lost some incredible, hard-throwing players, they will definately be a dominant team this year. With star athletes like Will Ortiz leading the team they should and will go far this year. Mr. Avery has pushed them all to be better players and he's made playing the game a pleasure and a privilege. Skills will be sharper this year and we can surely expect a lot of runs out of this team. Their bats will come alive and baseballs will fly. Accompanied by an awesome bullpen, these guys have guns for arms and will slide past the opposition. This year the seniors will step up, such as Jesse Menachem on the mound, the tricky duo of Mike Perlis and Matt Meservy, hard throwers Tim Galligan and Brandon Stacey, and Kevin Hanlon, Chris Flood, Joel Feltcher, Russ Murachver, Steve Rushing, and Tim Lawton dominating the field. Hopes are high and after this year it's up to the younger guys like Mark Hewitt and Danny Jones to lead the team. There's a positive outlook for this year and the team can't wait to take the field. Here's one for the home team as they try not to strike out and sweep the season along with the Red Sox!

Softball

Round the bases we go!

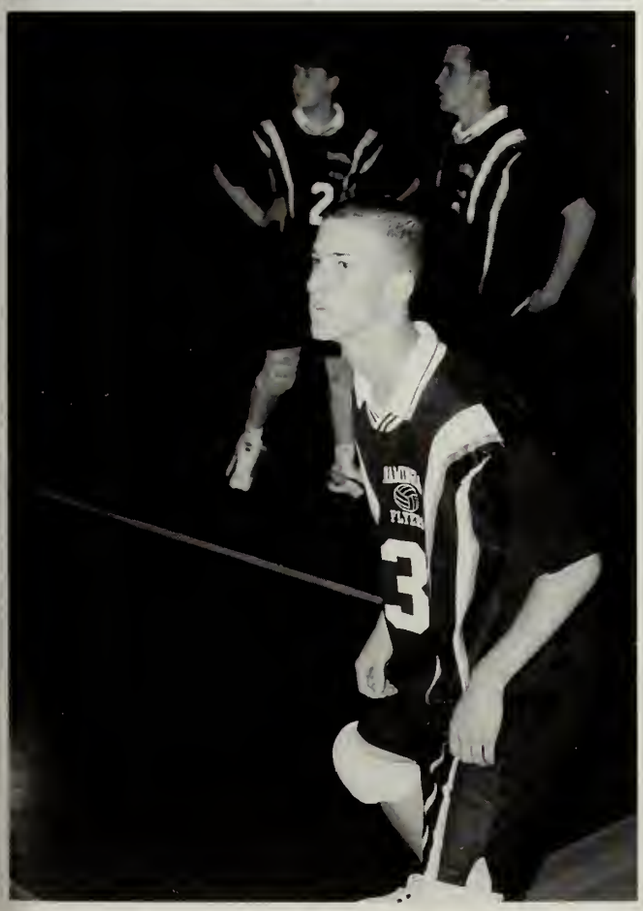
With a team of veterans, the Flyers can't wait to take the field this season and show what they're made of. The seniors ruling the field this season are Carolyn Caruso, Kelly Knox, Katie Mouth Gilbert, Alison Kelley, Sara Gorman, Kristina "Toggie" Tognacci, Lynn Cardarelli, and Alaina Magnani. However, they will have a hard hitting crew behind them with juniors who are out to make names for themselves. This year the girls can see a great season and plenty of wins. Planning to dive deep into tournament, their skills will be tested while the competition will be fierce. The coaches will also be tested and try to figure out a gameplan to help out. The team is looking strong and the season is looking bright, so let's hear one for the hometeam. Get those bats swinging!



Boys Volleyball

Serving up another great season...

The Flyer boys volleyball team is readily awaiting a breakthrough season on the court. Lead by seniors Dorzell Porter, Thomas Ortiz, and Adam Sell, the team is looking ahead and can see a birth in the state tournament for their future. Over the past few years, the coaching staff of the boys volleyball team has built a strong foundation and this is their year to emerge and show the world what Framingham is made of. New players will be formulated and geared toward the ultimate success of the team. With powerful senior leadership in conjunction with strong junior facets to the team, the boys volleyball team is hoping for instant success as soon as they take the court in March. You can be sure they'll be spiking the ball into the other court and harassing the opposition with every serve they throw up. With a new gym on their side for the season, boys volleyball is departing from the confines of Fuller Middle School and moving to their old domain; something they must and will protect this season.



Boys Track

All that running and more...

Over the past three years, the track team has made great strides. They have been represented in the Class A State Meet, the All-States Meet, and at the Outdoor Track and Field New England Championships Meet. A strong contingent of upper classmen returns to lead the Flyers to success in the 2004 outdoor track season, such as Greg Fulchino and Nate Klein. The Seniors of '04 leave the success of the future teams to the underclassmen rising stars of the team like Mason Stahl. We can always expect great times from this group. GO FLYERS!

Girls Track

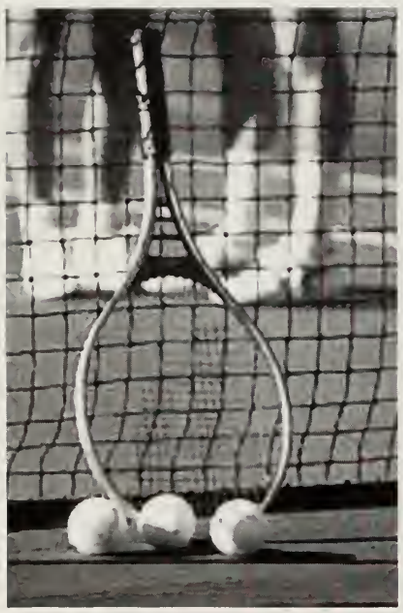
We can run, jump, and throw too!

Outdoor track has been one of my best high school experiences. From it I gained perseverance, determination, and self-esteem. The girls on the team are like a second family. We support and cheer each other on; we all share one important goal, crossing that finish line. Whether it be an excrutiating ladder workout, or a light mile run, we all make sure we're having fun. Outdoor track taught me a lot about life. Don't give up when you reach that wall, just break through it. Thanks and much love to my Track ladies. -Whitney White

Girls Tennis

"Ball in Play"

With the 2004 girls tennis season quickly aproaching, the team's senior tri-captains Jill Habelow, Stacy Lemeshow, and Jamie Schletter, are more pumped than ever. Coming off a year of "rebuilding" from the spring of 2003 and not even making the state tournament, Coach Maiorano has optimistic visions for this season, hopefully as successful of a season as spring 2002 (finishing 16-6). After graduating only two seniors this past spring, we have an experienced team returning. The entire team is anxious to get themselves back on the court and to begin the season in March. Our team, lead by head coach Paul Maiorano ("Miro") and assistant coach Michelle Chouinard, has recently been very competitive in the Bay State Conference, and we hope to remain that way this season. One of our favorite team memories is from last season, when we spent a whole practice shoveling all six tennis courts at FHS after a huge snow storm. Although it was fun and cold, we just couldn't believe that Miro made us do that! Another favorite memory was when Miro broke out into song during practice singing none other than the Backstreet Boys. Our whole team was laughing hysterically. Not only do we play well together on the court, but our camaraderie carries over to our pasta parties, long bus rides (to Weymouth and Hingham), and in the halls at school. We are all there for one another and equally proud of each other. We are looking foward to a fun and successful 2004 season. -Stacy Lemeshow

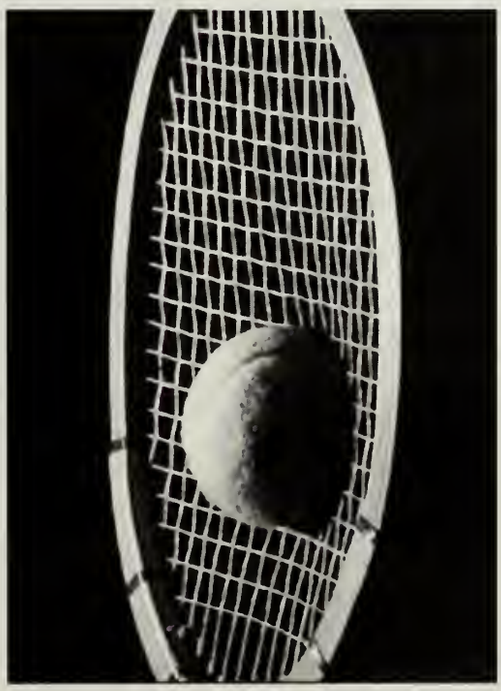


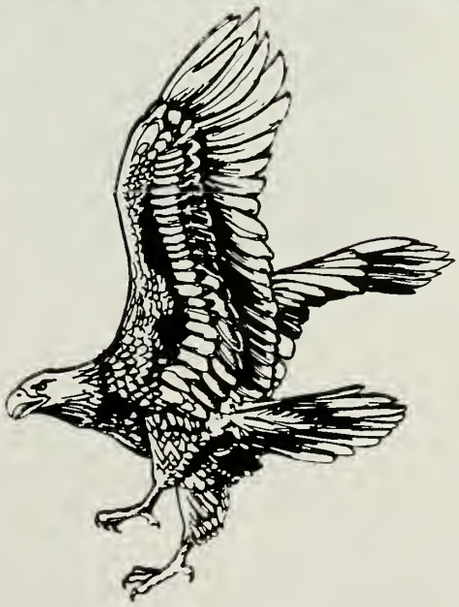
Boys Tennis

These boys make quite the racquet...

The Flyers boys tennis team is looking to pick up where they left off from an outstanding season last year. Led by seniors Eric Kaye and Eric Frackleton, the boys hope to build upon new players, develop superior skills, and ultimately make the tournament. The coaches intend to provide the guidance necessary to excel as a team for the upcoming season. On and off the court, the tennis team consists of a group of great guys, willing to sacrifice themselves for their teammates. The matches this year promise to be as exciting as always, packed with nailbiting action through every minute. Raquets in hand, the boys on the 2004 tennis team will ace the competition and bounce their way to victory.

Flyers Serving Up an Ace...





Pearl

In Memory of James E. Carey

Jim Carey was a true blue Framingham product. He grew up in the Nobscot neighborhood of Framingham and graduated from Framingham North High in 1966. In his senior year, students voted him most athletic. Jim was a three-sport varsity player and captained the football, basketball and baseball teams, demonstrating his leadership skills.

He majored in Health and Physical Education at Springfield College. In 1970, he taught briefly in Malden before coming home to the town he loved. After beginning at Woodrow Wilson School, he coached and taught at Framingham South High. As was his trademark, he won the respect of his fellow coaches and his teams with kindness, respect and the willingness to listen.

In 1986 he was appointed the Director of Physical Education. He immediately led the way in developing a Health curriculum. He brought together people from all points of views to sit on the Health Advisory Committee and was a positive and optimistic force in creating a program that is respected throughout the state.

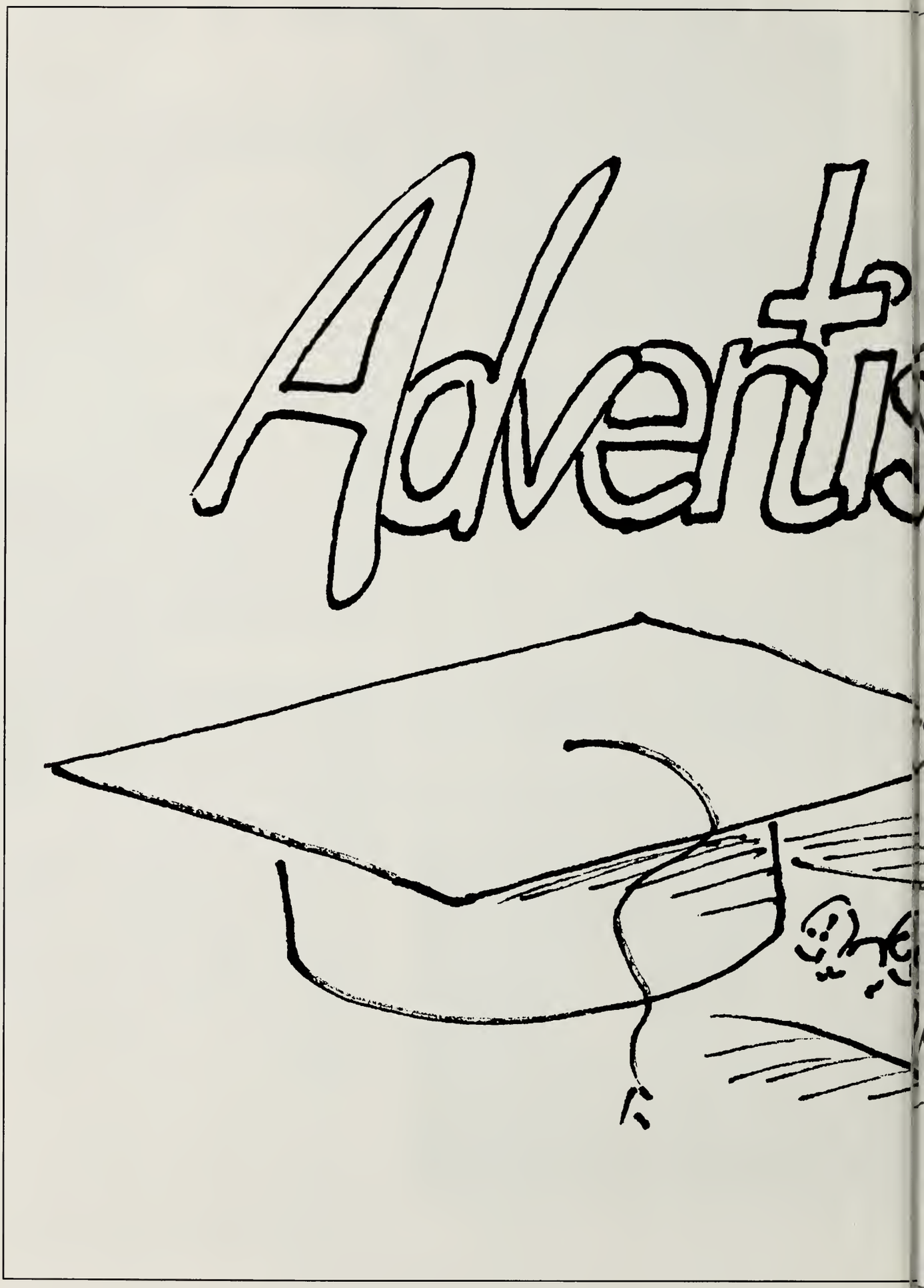
Most recently with the renovation of the high school, he had the vision of developing a first-class wellness center. He had encouraged the refocusing of the physical education program to be centered on the concept of well-being by integrating sports with life long activities. He expected this facility would encourage students, faculty and staff to come together, sharing the common goal of developing a healthy lifestyle.

He will be remembered by everyone as a person who truly believed that the town of Framingham would always do the right thing for kids. He consistently believed in the goodness of people and the joy of teaching, coaching and listening to kids. His sudden passing reminds us of the reason we are teachers and that one person can make a tremendous impact on the people around him and the world we are in. The Health and Physical Education Staff hope to continue to hold the standard for teaching he set with the same dignity and kindness.

Mike Foley, Matt Fortune, Tara Bennett, Ellen Sowa, Stacey Freda, Ed Kavanagh, Sue Ames, Lisa Cronin, Jim Carey and Eugene Zanella.

The Man in the Glass

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to a mirror and look at yourself
And see what THAT man has to say.
For it isn't your father or mother or wife
Whose judgment upon you must pass,
The fellow whose verdict counts most in your life
Is the one staring back from the glass.
Some people might think you're a straight-shootin' chum
And call you a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.
He's the fellow to please, never mind all the rest
For he's with you clear to the end
And you've passed your most dangerous test
If the guy in the glass is your friend.
You may fool the whole world down the pathway of years
And get pats on the back as you pass,
But your final reward will be heartache and tears
If you've cheated the man in the glass.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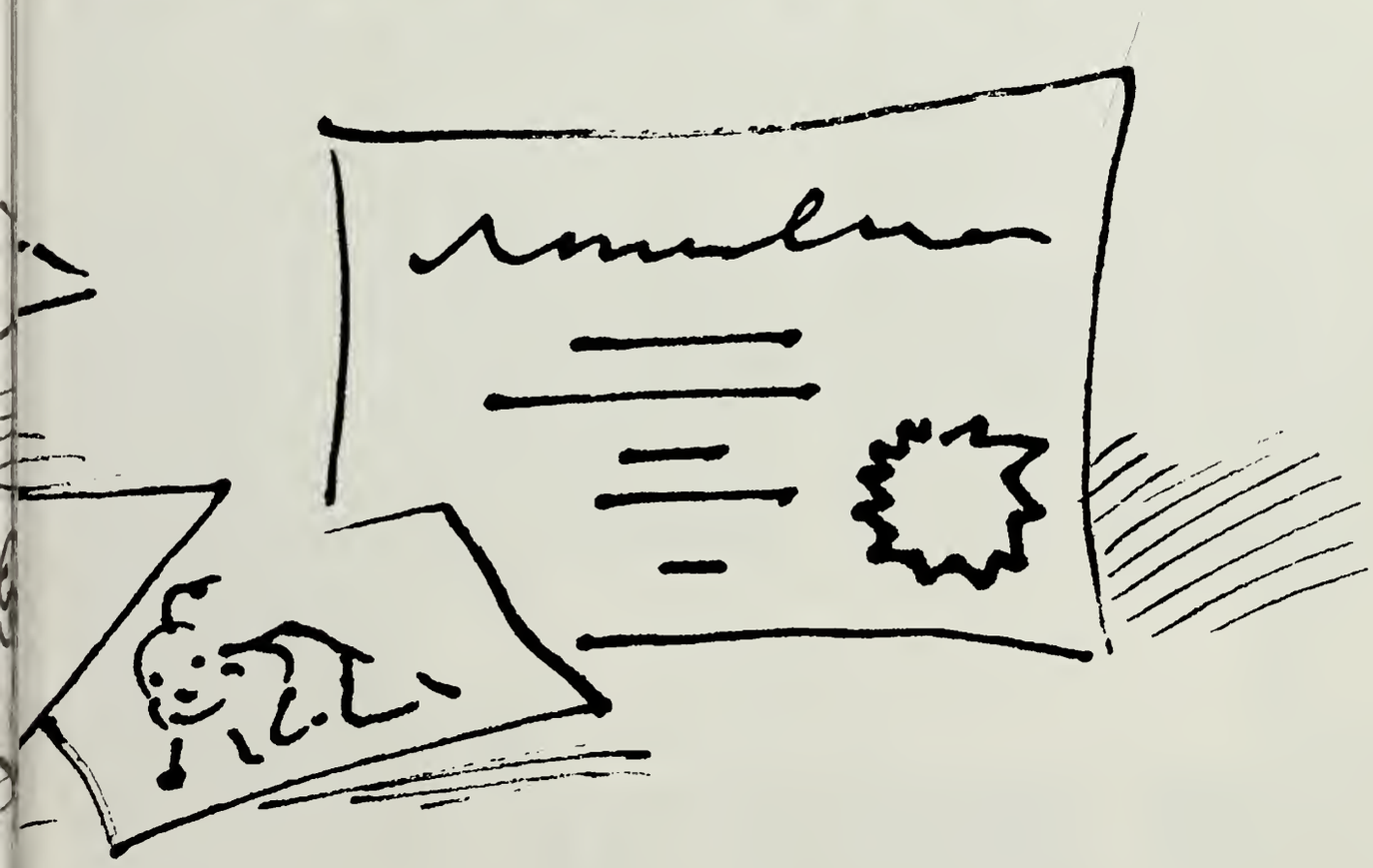


KRISTIN:

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose!
You're on your own and you know what you know. You're the girl who'll decide where to go!

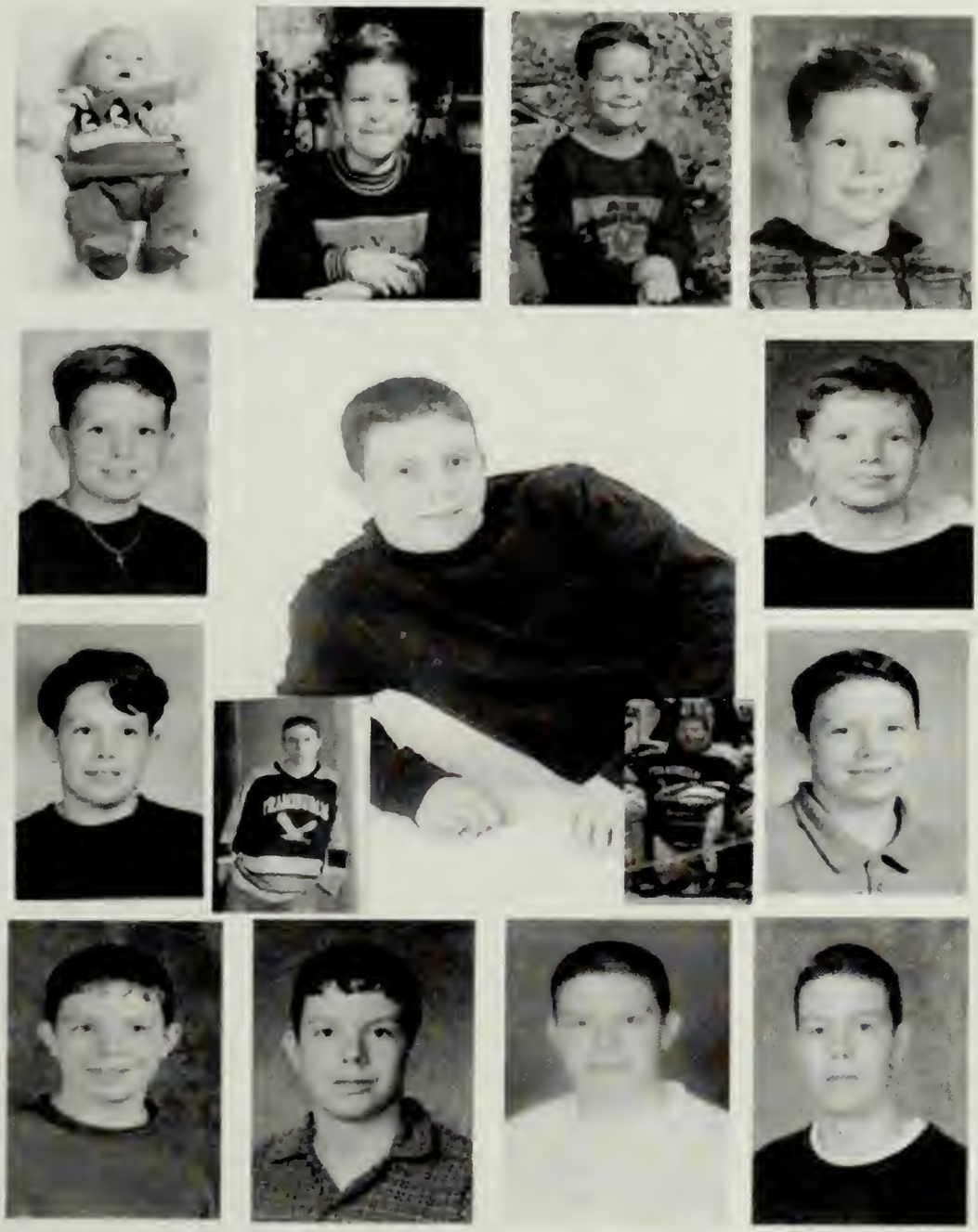
-Dr.Seuss

CONGRATULATIONS KRISTIN!

We are all so proud of you! Follow your heart and let all your dreams *(no scary dinosaurs...)* come true!
We love you so much!!!
~Mom, Dad, Peter, Janet, Michael and all the Hart's and Gannon's

~ At commencement you wear your square-mortarboards. My hope is that from time to time you will let your mind be bold, and wear a sombrero! *~*

IAN RICHARD GLENDON



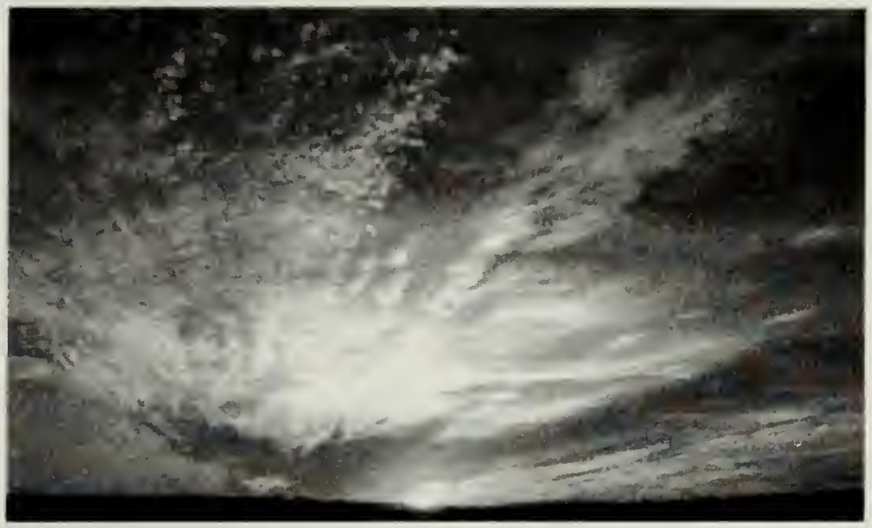
Somewhere along the way you grew up
Right before our eyes,
And even though we knew you would,
It still came as a surprise.

As you start another phase in your life,
From a boy to a young man,
Always remember I'm always around,
For advice or a helping hand.

Congratulations Ian Richard !!! We are VERY PROUD of you !
We love you..... Mom, Kay, Shayne, Nick, Aunt Dawn, Aunt Shellie, Uncle Tony, Brendon, Kaylee, Nana and Papa (Sept12,2001) too !!!

CONGRATULATIONS CLASS OF 2004

"In good times, in bad times, I'll be at your side forever more,
that's what friends are for."
Keep smiling...
Keep shining...
Kristin
~N2N~
Keri



Lori-Beth always remember:

"True success is the ability to believe in yourself even when those around you have their doubts" Mom...

We are all so proud of the person you have become and wait with anticipation to see what the future holds for you as you follow your dreams.... Never stop believing!!!!!!

Love,

Mom, Dad, Kristen

June 6, 2004

We live for the nights we'll never remember with the friends we'll never forget

Christine
Bethany
Elisa
Toni
Laura
Seniors
Oshin
Matt

"There isn't anything I wouldn't do for you..
We'll stick together to see it through
'cause you've got a friend in me."

Marisa
Kristin
Kristin
Jennie
Nicole
Sarah
04.23.03

We're gonna stay eighteen forever
So we can stay like this forever.
And we'll never miss a party
Cause we keep them going constantly
And we'll never have to listen
To anyone about anything
Cause it's all been done and it's all been said
We're the coolest kids
And we take what we can get.
-Brand New

Andy
Sarah
Jon
Meg
Liz

Naa
Niki
Shley
Someone to face the day with, make it through all the rest with,
Someone I'll always laugh with-even when I'm at my worst,
I'm best with you ♥ xoxo, always.
Aly
Ali
Jen
Taryn
Jackie
Stace

Jackie
Amanda
Shannon
Maayan
Shana
Danielle
Jen
Lisa
Hadar

If you're lost you can look and you will find me
Time after time
If you fall I will catch you I'll be waiting
Time after time...
*Christine*Kacha*Nadine*Jackie*

WHERE'S WALDO
DO YOU SMELL WHAT THE ROCK'S COOKIN'?

Dear Skye,
Best wishes on your journey into the rest of your life.
Love,
Mom and Dad

Bryan
Congratulation!
We are so proud of you and the young man you have become.
Love,
Dad, Mom and Kristin

Aly-

Embrace life with optimism and humor
For it is a succession of moments
In an adventurous journey
Aim high; learn who you are and then
Be the best you can!!!
As you go forward you take our love and admiration,
Mom, Dad, Jared, and Dakota

Go for it, Stacy

With love and pride,
Mom, Dad and Josh

Future Runner
Baby, you were "born to run."

Stay on course, Greg!
Love, Mom & Dad

You have gone from a cute, sweet little girl, to a beautiful, confident, caring young lady. We are very proud of you and look forward to your exciting future.

Love Always,
Mom & Dad

Hallie
You are forever our shining star

With Love and pride,
Mom, Dad and Lana

Jilly

On December 28, 1985
You danced your way into our hearts

And from that moment on
You made Daddy and I proud
Congratulations - I love you

Mom

Dear Andrea,
-Our favorite Ballerina-
What a joy!
Thank you for all the fun,
The good times,
And the laughs.
We love you always,
Dad, Mom, Christina, Stephie,
Georgie & Yiayia

Jerica
"Never give up
Never surrender!"
Fly high, see the
rainbows
ConGRADulations!
Love Mom, Dad, Rayna
and our animals
(Go Vegan!)

Ali –

Watching you grow has been a gift, a blessing and a joy.
We love you!

Mom, Ken, James
& Champ

Elisa...
You're going places!

With love, Mom and Sisters

Lindsay,
We are so proud of all you have accomplished and the person you've become. We wish you the brightest future, as you are still our shinning star.

Love,
Mom, Dad and Becky

We Love you Lynn!
-Mom Ann and Chrissy

Congratulations, Ashley
We love you!
Love Mom, Dad and Sammy

Kristin,

You bring such joy and happiness to our family. The world awaits you. Follow your dreams... Savor the journey! Take with you our love, wherever you go.

Love you,
Mom, Dad, Scott & Katie

And Now For The Grand Finale...

KERI

You have brought love and happiness into our lives. You fill our home with laughter, smiles that don't quit and endless talks from a heart of gold. It has been a pleasure to watch you grow into a beautiful and caring young woman with hopes and dreams of your own. Be proud of who you are and what you've accomplished. We have all enjoyed the journey so far and we will be by your side wherever the future leads you.

All our love from your biggest fans,
Dad (70), Mom (74), and Kim (97)

Niki, you bring Christmas into our lives each and every day, you are our shining star. We love you so much! Love,
Dad, Mom, Dee, & Dewey

Jesse

We used to have a little blonde curly haired boy...We traded him in for you. All the best to you in the future.
Congratulations!
With love, Mom, Dad and Michael

For Our Kate ~
You have always been in charge
...the future is yours!
With Our Love & Pride,
Mum, Dad, & Billy

Those who love you
hope you will find:
A place to live
where you can unwind.
A job rewarding
in so many ways.
A hobby that adds
joy to your day.
And, most important of all
you will do,
Find someone you love
who loves you too!

K³ "You've got a friend in me!" K³

K³ Keri * Katie * Kristin K³

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Hadar, you are awesome!

Mom, Dad, Omri and Tuli the cat

Eric,

May every new sunrise bring you closer to your dreams.

With love,
Mom & Blair

You've come a long way, baby!

Where did the time go?

Meri,
I am so proud of you! Congratulations to you on this special day!

Love you so very much,
Mom

Congratulations Kristin!

We are so proud of you!

Lots of Love,
Dad, Mom, and Michelle

I get by with a little help from my friends.
-John Lennon
Love, From your Families

Jennie

We are so proud of you. Proud of your accomplishments in High School and proud of the lovely young woman you have grown to be. WE know you will be successful in whatever you choose to do.
Love always, Mom, Dad Scott, Leslie and Kerrie

B
R
I
A
N

You've kept us
going
for 18 years

Thanks for the memories

We're so proud of you

Love Mom and Dad

TO JILL,
OUR FAVORITE
FRAMINGHAM
WEATHER GIRL!
MAY THE SUN
ALWAYS SHINE
ON YOU.
YOU ARE OUR
SHINING STAR.
LOVE,
MOM, DAD,
AND JASON

Way to go, Bo-

We're proud
of you!

Love,
Mom and Dad
Victoria and Janelle

Sara

May the rest of your life be as successful as your first twelve years of schooling.
We love you Mom and Dad

RONNA,
LIVE, LOVE, LAUGH!

YOUR LOVING FAMILY

Jorge:
A parent's heart is filled with
countless hopes and dreams for their babies.
Some of those wishes for you were:

- That as a little boy, you would develop a sense of caution so that you'd never suffer a great disappointment, a fractured arm or a broken heart.
- That you would keep the innocence, joy and wide-eyed- wonder of childhood well into your teenage years.
- That you would grow up healthy, with no bigger concerns than a case of the chicken pox or needing your tonsils out.
- That, aside from questioning your curfew or whether you could borrow the car, you would ease through your adolescence with only a little turmoil.

Now that you are nearly grown, I realize just how much more I wish and hope for you. You have managed to turn into a bold young man who tackles the world head-on and does not let anything get in his way. And although you have kept the twinkling eyes of your childhood, you are wiser than your years in many ways. I could not be happier or more proud of the independent, unique, and intelligent young man you have developed into-you have managed to surpass my expectations.

We are so proud of all your accomplishments and wish you a brighter, happier, and healthier future.
Love,
Mom and Dad

Mikey...

Here's to yesterday,
Today,
And all the bright tomorrows
That await you -

With full hearts and
All our love,
Congratulations,
We are so proud of you!

Mom, Dad and Spooner

"You must be the change you wish to see in the world." -Mahatma Gandhi

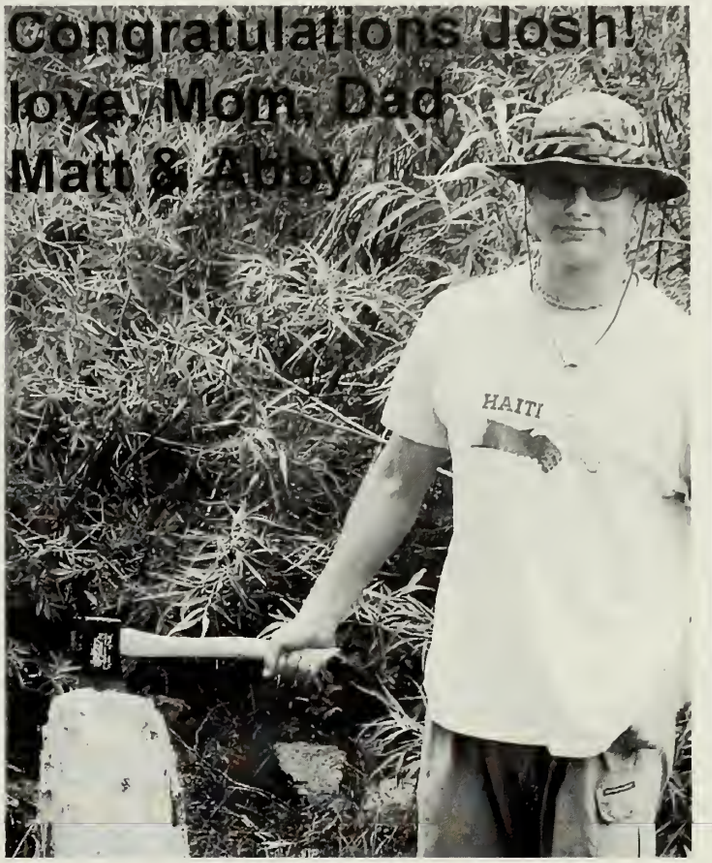
Jen, congratulations and good luck!
We're so proud of you!
Love, Mom and Katie

Congratulations Stu!
We love you and are proud of you.

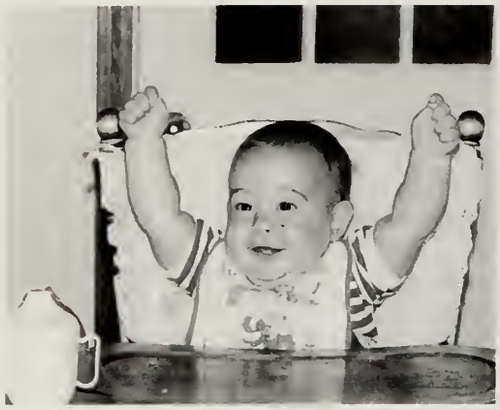
All our love,
Mom, Dad & Jen

TARYN, YOU ARE OUR STAR!

We are so proud of you. Congratulations!
Love, Mom, Dad, Devin, Brendan, & Erin



TOMMY
CONGRATULATIONS!!



We're very proud of how far you've come,
The choices you've made, the things you've done.
Tom, you deserve much success
Because you've given your very best!!
All our love, Mom and Dad,
Christopher, Steve and Vinnie

Alex- go through life welcoming obstacles as opportunities to express yourself in ways you didn't think possible.
We love you, Mom, Dad, Erik-Sonny

"For whatever we lose (like a you or a me) it's always ourselves we find in the sea."
e.e. cummings

We are so very proud of you!
Love,
Mom and Dad

Liz

We're so proud of you!

Congratulations to you and the class of 2004.

Love,
Mom, Dad, Kate, and Mike

Congratulations Sarah!

We are so proud of you!
Love- Mom, Dad, Stephen, Phil, Kristine, Natasha and J.P

All the world is the stage,
You pick the setting.

NATALIE

We are so proud of your accomplishments. Continue to design your life with the vision you have.
Love, Mom Dad
Marcus and Amanda

"I'll be there in a hurry when you call
Friends are there to catch you when you fall
Here's my shoulder, you can lean on me"
-Kirk Franklin

"Oh how we've grown and matured,
Through misery and happy times, you
Were and will always be my girl! Without
Your love, I don't know where I would be
Right now. Thank you Narda, my twin sister"

Respect

Real

Much love

"Whitney, you're like a guardian angel,
That God has sent me from above.
You r strength and happiness fills my heart with joy.
Much love, my twin sister."

Dear Oshin,

We are very proud of your accomplishments thus far.

You have not only been a great son,

but also an inspiration and light to our life.

You have constantly strived to meet your goals

and this has made you very successful.

Continue to focus throughout college and the rest of your life.

We love you and Good luck.

Love, Mom, Dad, and Orin

CONGRADULATIONS SARA!

IT'S HARD TO BELIEVE ALL FOUR
YEARS ARE DONE. YOU'VE WORKED
SO HARD AND WE ARE SO PROUD
OF YOU!
KEEP UP YOUR ENERGY AND ENTHUSIASM,
BUT MOST OF ALL YOUR SENSE OF HUMOR

WE LOVE YOU SARI-BUG!

LOVE,
MOM, DAD, PETE,
AXEL AND COOKIE

Congratulations Amanda!

Sarah and Keri

Don't walk behind me, I may not lead. Don't walk in front of me, I may not follow. Just walk beside me and be my friend.

If it hurts too much to look back, but you're too scared to look ahead, just look beside you and I'll be there.

Congratulations, Kevin

You have always made us proud!

Love, Mom
Dad and John

Congratulations to the class of 2004

1993

2003

and the sons who light up our sky

Shana, Congratulations! You're a great sister I know you will succeed in whatever you do.
Love You, John

Shana Leigh,
Spread your wings and you will soar!
You are the sweetest thing that ever happened to me.
You can be what ever you want to be.
Imagine. . . . .I Love You, Mom

Shana, Good Luck! I know you will do great in anything you do.
Thanks for being such a good sister. I Love You, Amanda XOXO

Shana, You Rock! Don't Stop! You are the best sister in the world!
Love, Carey XO

Sarah,
You have made all of us very proud since the day you were born. You strive for perfection in dance, academics, or anything else that challenges you. Keep up the great work and always remember we are behind you 100%. Thanks, and congratulations on your graduation from Framingham High.

Love,

Dad, Mom, Emily, Jarrett, Jason, Abby, and Henry

Caitrin! Congratulations!
You just graduated from
Framingham High! What
Are you going to do next?

"I'm going to Disney World!"

(You're a star-Love, Mom, Dad, Julie, and Maura)

Dee,

We're so proud of you!
♡Mom & Dad

Thank you for the laughter and joy you bring to us. Your smile has brightened and touched our lives in so many ways. We are so very proud of you.
Love,
Mom, Dad, Melissa and Shayna

Dear Rachel,
Congratulations on becoming a Framingham High School graduate. You'll always be #1 in our book.
We love you,
Mom and Dad

Listen to the MUSTN'TS, child
Listen to the DON'TS
Listen to the SHOULDN'TS
The IMPOSSIBLES, the WON'TS
Listen to the NEVER HAVES
Then listen to me-
Anything can happen child,
ANYTHING can be.

You can do anything you choose Eric,
God has given you so many wonderful talents.
We love you and are so proud
Love Mom, Dad, Nicole & Jackie

Stasia:
You've made your dreams come true! We are proud of you!
Love, Mom, Dad, and Lauren

Dear Helene..... "and the seasons they go round and round." So, this is it! High school graduation and now you are ready to further your journey on the "highway of life." Enjoy and treasure your college years. Wishing you everything you wish for yourself – let the journey begin!
With all our love, Mom, Dad, Amy, Steve

Dance like nobody's
watching
Love like you can't
be hurt
Sing like nobody's
listening
Live like it's heaven
on earth

Love
Mom, Dad, and Steph

Alaina,

Your time has come to shine,
All your dreams are on their way. . . . .

Love,
Mom and Dad
Christina and Laura

Toni Del Prete

Although it may feel as though you have reached the end of the story, you are really beginning another chapter . What you have loved, hated, enjoyed, endured, and tolerated has become history. You will face many new challenges with the wisdom and understanding to deal with them . You will accomplish much more in your next stage of life.

Remember. the glass is always half full.

Love,
Mom and Dad

If there is a faith that can move mountains, it is faith in your own power.

Maayan- Mazal Tov!
Time on earth is limited,
so live each day
to the fullest,
as if it was
the only one you had.

We are very proud of you.
With all our love-
Mom, Dad, Oded and Noa

Business Editors

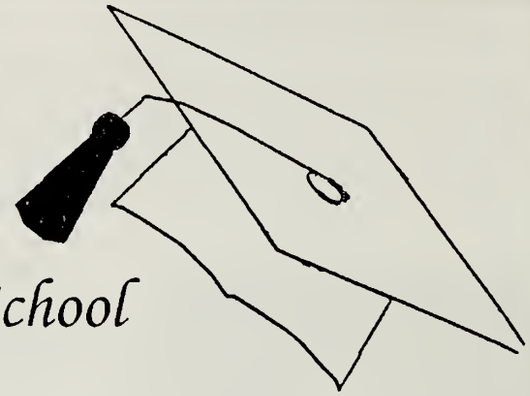
We would like to thank the community for their continuous support to help make our yearbook a success. We have enjoyed working with you as we put together our yearbook. A special thanks to Ms. Denise Gallagher for her hard work and dedication. Congratulations CLASS of 2004!

Kristin Gannon and Hallie Filreis

Keep In Touch.

FRAMINGHAM TAB

The METROWEST DAILY NEWS



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Congratulations to the Class of

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Good Luck and Best Wishes as

you begin yet another part of

your life.

"Today's preparation determines tomorrow's achievement."

– Anonymous

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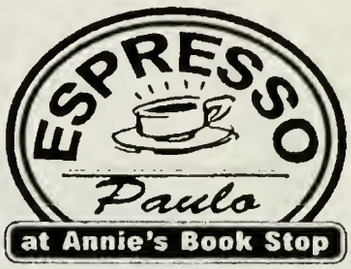

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You've worked so hard and come so far.

Good Luck to You All

And Remember

NEVER, NEVER QUIT

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to the
Class of
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Thank You, Mr. Olsen

We, the student body of Framingham High School, wish to dedicate this yearbook to our principal, Ralph Olsen. We do this as a token of our appreciation for all of the hard work and many long hours that he has spent in his indefatigable effort to make Framingham High School a better and more academic institution. This yearbook is a tribute to Mr. Olsen's outstanding devotion to the cause of education, his encouragement to the students in their many endeavors, his service above and beyond the call of delegated duty, his leadership in the field of education, and his support of the high ideals from which the students of FHS have drawn their strength and inspiration.

Mr. Olsen is an awe-inspiring, energetic and selfless individual who promotes the values of team effort, completion of goals and the pursuit of excellence for all his students. That excellence is reflected in the achievements of FHS students. It is especially moving to see the impact that Mr. Olsen has had on thousands of students over the years.

Therefore, in gratitude for his many contributions to Framingham High, for his unfailing dedication to the promotion of education, for his untiring devotion to our one-world school, for his mentorship and his companionship, we, the students, extend our heartfelt appreciation to Mr. Olsen and wish him happiness and best of luck in the future.

-Jonathan Modest

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Natalie Kearns

ERIC

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Adam VanBuskirk

Rachel Goldwell

Jenna Montoya

Kelli White

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Shaina Camera

Dan Fortunato

Ashley Richwala

Sarah Delaney

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